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# Q. What is **YOGA?**

**“The word ‘yoga’ means union.  
Union means you begin to experience  
the universality of who you are.”**

**– SADHGURU**

**“I think it is better I tell you  
what is not yoga. So much  
misintpretation of the word  
has happened that speaking  
about what is not yoga is  
more relevant.**

**Standing on your head is not  
yoga, holding your breath is  
not yoga, twisting your body  
is not yoga. Yes, these are  
various yogic practices, but  
when we say ‘yoga’ we are  
referring to a certain state – a  
certain way of being.**

**The word ‘yoga’ means union.**

**Union means you begin to  
experience the universality  
of who you are. For example,  
today, modern science proves  
to you beyond any doubt  
that the whole Existence is  
just one energy manifesting  
itself in various forms. If this  
scientific fact becomes a living  
reality for you, that you begin  
to experience everything as  
one, then you are in yoga.**

**Once you experience yourself  
as everything, or everything  
as yourself, after that nobody  
has to tell you how to be in  
this world. If you experience  
all the people here as yourself,  
does anybody have to teach  
you morals as to how to be?**

**Does anybody have to tell  
you ‘don’t harm this person,  
don’t kill this person and  
don’t rob this person?’ So  
when you are in yoga, you  
experience everything as a  
part of yourself, and that is  
liberation, that is mukti;  
that is ultimate freedom.”**

***Yoga is not a religion.  
Yoga is a science.***



***“As there are physical sciences  
to create external wellbeing, yoga is the  
science for inner wellbeing. Yoga has nothing  
to do with any particular religion;  
it is a science for inner wellbeing.”***

**– SADHGURU**



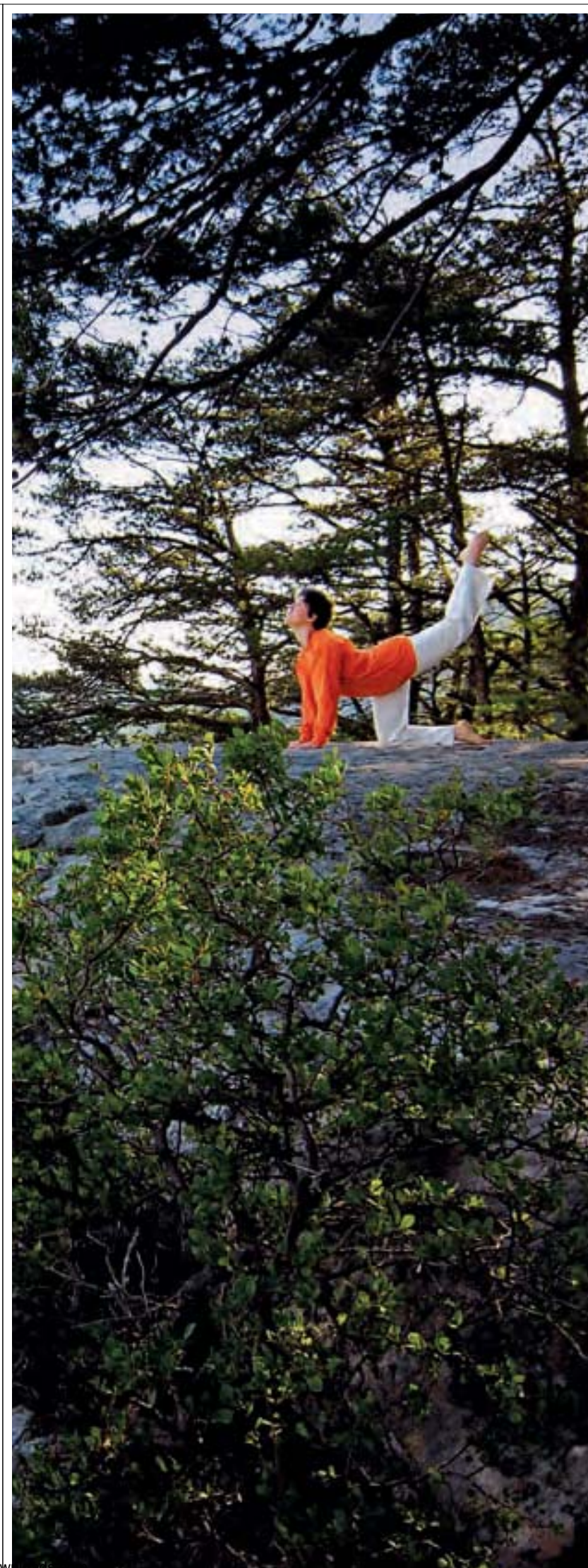
*"This yogic science is of utmost importance now, like never before, because today we have tremendous power in our hands. With modern science and technology, tomorrow if we want, we can flatten a mountain or city."*  
— SADHGURU

"When we have this much power in our hands, it is very, very important, that we have an inner sense, an awareness of life and that we experience life and everyone as part of ourselves.

Otherwise, we can create a calamity for ourselves and the world around us – which right now we are doing to some extent. This has happened only because we have attended only to the external science.

We have never looked at the inner science within us.

Just as there is an external science to create external wellbeing, there is an inner science to create inner wellbeing. So, the whole science of what we refer to as yoga is an inner science"



"Yoga can be transmitted on many different levels. One is towards one's physical and mental wellbeing which includes health and other aspects. Or it could be transmitted as a tool for ultimate wellbeing; in the sense you can use this system as a stepping stone to go beyond.

You can use this yoga just to get rid of your backache, if you want, or you can use this yoga to get better mental focus and little peace of mind and happiness in your life or you can use this yoga, as a way of climbing up to the highest possibility within yourself.

Using yoga just for health, is not wrong, but it is a crime, because if explored in its full depth and dimensions, it can take you to places which you have never imagined. It is a way of approaching the Creator through the Creation. It can be a ladder to the divine.

"It is my wish and blessing that you should know the joy of being truly well, not just physical wellbeing, but to know and exude wellbeing in all dimensions of your existence."

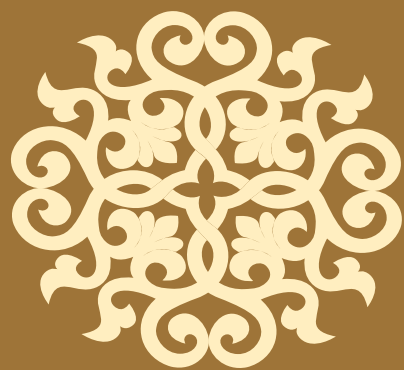
*Sadhguru*





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# YAKSHA 2011

A Celestial Feast of  
Music and Dance



**Yaksha is a seven-day festival pre-  
ceding the Mahashivaratri night at  
the pristine foothills of the  
Velliangiri Mountains,  
featuring some of the most  
exuberant and renowned  
talent of music and dance.  
It is an endeavor to preserve and  
promote India's performing arts.  
In their subtlety and  
vibrancy, these artistic  
presentations evoke a realm of  
transcendental beauty which  
enthrall the audiences every eve-  
ning in the sacred space of the  
Dhyanalinga.**

**Come, experience the finest  
expressions of India's unparalleled  
cultural identity.**

24th February  
Shahid Parvez Khan  
Hindustani Sitar

25th February  
Sonal Mansingh  
Odissi Dance

26th February  
T.V. Sankarnarayanan  
Carnatic Vocal

27th February  
Parveen Sultana  
Hindustani Vocal

28th February  
Anil Srinivasan & Sikkil Gurucharan  
Jugalbandhi Carnatic Piano and Vocal

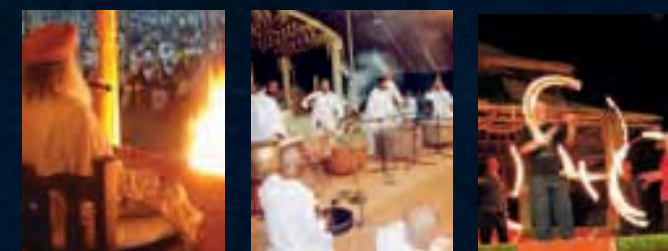
1st March  
Ronu Majumdar  
Hindustani Flute

2nd March  
Pandit Jasraj  
Hindustani Vocal

# MAHA SHIVARATHRI 2011

A Rapturous night  
with the Divine

**All night Sathsang  
From 6 p.m. to 6 a.m.**



**Q & A with the Master  
Discourse, Powerful Meditations  
Annadanam**



**Musical Performances:  
Wadali Brothers  
Prem Joshua & Band  
Bickram Ghosh – Rhythmscape**

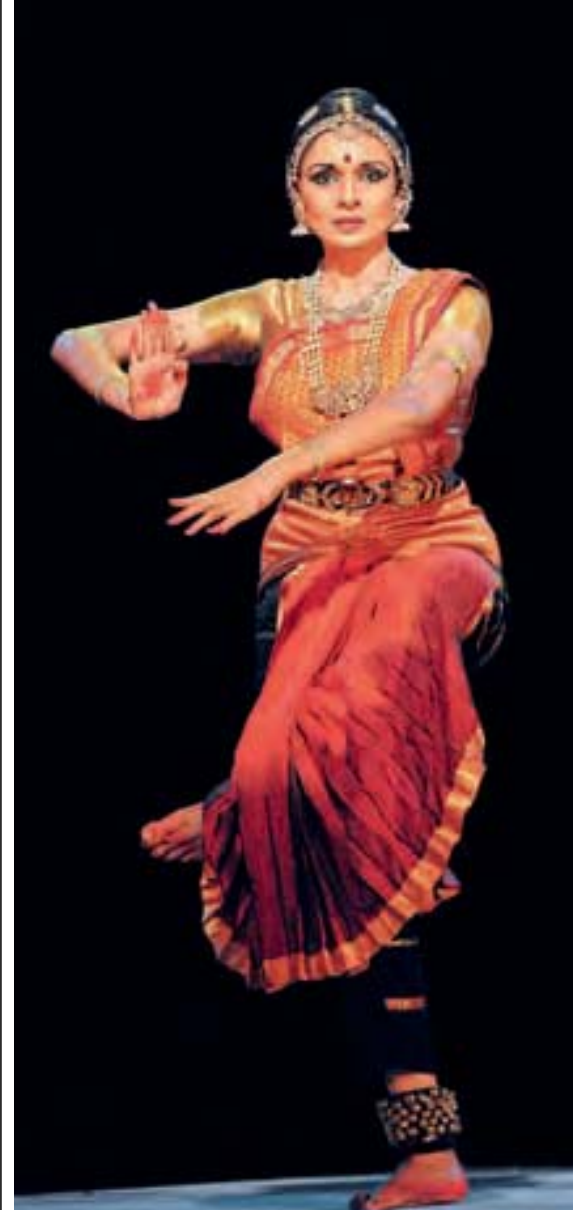
**Live Telecast Aastha, Zee Tamil  
Sri Sankara, TV 5  
Webcast Online [www.Ishafoundation.org](http://www.Ishafoundation.org)**



# YAKSHA GALLERY 2010



The role of the arts in creating a conducive ambience for the spiritual pursuit has always been central in this culture. It is not accidental that the most powerfully consecrated temples were also vibrant centers of dance and music. The exquisite *garbha griha* or the sanctum sanctorum of the temple was often complimented by exuberant *ranga mandirs* or performance spaces within the temple complexes. It is in this tradition that YAKSHA, a seven-day music and dance festival is celebrated at Isha Yoga Center in the week preceding Mahashivarathri. Each evening at dusk, the sprawling premises of the Dhyanalinga and Linga Bhairavi Temples play host to some of the foremost performing talents in the country. These open-air performances set in the foothills of the pristine Velliangiri Mountains, the spiritual ambience of the intensely consecrated space, and the presence of a Living Master, elicit an experience that not only keeps the audience spellbound, often overwhelms the artists themselves...







# THE MAHASHIVARATHRI FESTIVAL

*In the yogic tradition, Shiva is held as the first Guru, or Adi Guru, the one who started the yogic process. On the path of yoga, we do not consider Shiva as a god, but as a Guru. So Mahashivarathri is a festival of great significance to us.*

*For people who live in family situations, Mahashivarathri is worshiped as Shiva's wedding anniversary. The ambitious in the world see that day as the day Shiva conquered all the adverse forces in the world. For ascetics, Mahashivarathri is the day when Shiva became one with Kailash. After thousands of years of meditation, one day all movement in him stopped and he became utterly still. So ascetics see Mahashivarathri as the day of stillness. For a spiritual seeker, this is a day when*

*there is a huge assistance from nature itself, when nature is pushing you towards your spiritual height.*

*To make use of this possibility, in this tradition, a unique all-night festival has been established. One of the fundamentals of this festival is to stay awake and remain with your spine erect in order to allow this natural upsurge of energies. Even if there is no sadhana in a person's life, just by staying awake and by keeping one's spine in a vertical posture throughout the night, there are many benefits one can get.*

*It is in this context that Isha Yoga Center celebrates Mahashivarathri and Yaksha – a prelude to it. The idea of being together on a night like this is to be in the right*

*kind of atmosphere, with the right kind of attitude and the right kind of energy situation, both outside and within ourselves, so that we can make use of this possibility.*

*So on this day we create a situation where if not anything else, you will be definitely kept awake. Some of the top musicians in the world perform here, and the Sounds of Isha will also be there... they will all make sure that you do not fall asleep. It is all about staying aware and focused throughout the night.*

*This is also the day we wish to specially acknowledge the love and support of all the people who have in one way or the other, been a part of the extraordinary commitment, dedication and the divine*

*madness that is Isha. I hope all of you will be with us on this night, either by being at the foothills of Velliangiri Mountains or through the live telecasts or the webcasts...*

*May this Mahashivarathri night be not just a night of wakefulness, but let this also become a night of intense aliveness and awareness for you. It is my wish and blessing that you make use of this wonderful gift that nature offers us on this day.*

*I hope you will ride this upsurge and know the beauty and ecstasy that is Shiva.*

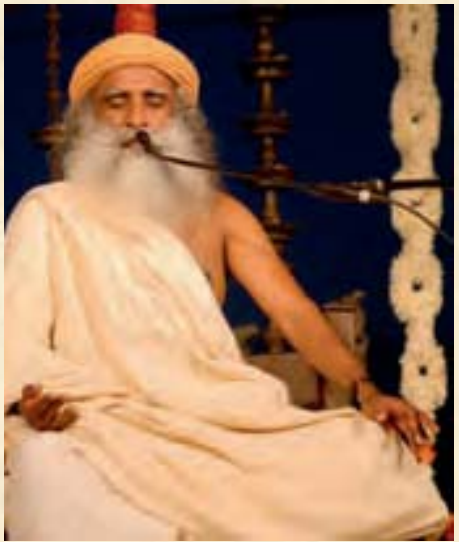
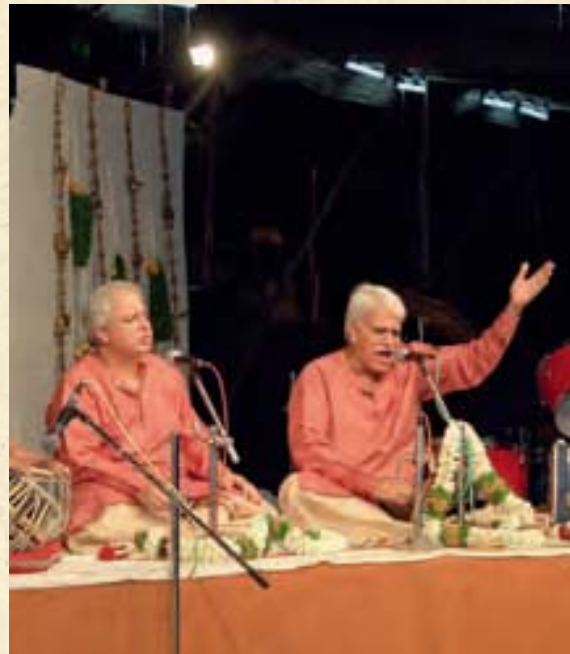
*Sadhguru*



# MAHASHIVARATHRI

## GALLERY

In the Indian culture, there used to be a time when there were 365 festivals in a year. In other words, people just needed an excuse to celebrate every day of the year. These festivals were ascribed to different reasons or purposes in life. Some were to celebrate historical events, victories over foes and so on, while others were of life-relevance where certain events in the community's life, like sowing, planting, and harvesting were celebrated. However, festivals like Mahashivarathri are of a completely different significance. Mahashivarathri is a major festival of the year that happens during the Uttarayana, when the sun's run in relation to planet Earth has shifted from the southern side to the northern side. During the southern run of the sun, or Dakshinayana, what is below the Anahata Chakra can be purified very easily. During the northern run, what is above the Anahata can be worked upon much more easily. That is why in terms of spiritual sadhana, Dakshinayana is for purification and Uttarayana is for enlightenment.



In the lunar calendar, the day before the Amavasya or the new moon of each month is referred to as Shivarathri. Of the twelve Shivarathris that occur in a calendar year, the one that occurs in February-March, or in the lunar month of Magha, is celebrated as Mahashivarathri, because it is the most powerful of the twelve Shivarathris. On this day the planetary positions and the energy, especially in the northern hemisphere of the planet, are such that it is very easy for a person to raise his energies upward. Because there is a natural upward movement in the human system, many in the history of the spiritual culture of this land have made use of this upsurge and attained to their ultimate.



## About ISHA

**Of all the human pursuits, striving to transform oneself into a higher possibility is considered the most sacred. It is this pursuit that fulfills the purpose of the human form and it is this pursuit that brings well-being to all life. The basic purpose of Isha Foundation is to inspire, to stoke up, and to nurture this innate search in every being, helping them realize the ultimate potential within.**

The word “Isha” means the formless primordial source of creation

Isha Foundation is a non-religious, not-for-profit, public service organization, which addresses all aspects of human wellbeing. From its powerful yoga programs for inner transformation to its inspiring projects for society and environment, Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress. This approach has gained worldwide recognition and reflects in Isha Foundation's special consultative status with the economic and social council (ECOSOC) of the United Nations.

Isha Foundation, founded by Sadhguru three decades ago, is a volunteer-run, international nonprofit organization dedicated to cultivating human potential. The Foundation is a human service organization that recognizes the possibility of each person to empower another—restoring global community through inspiration and individual transformation.

Isha Foundation is operated by over two million volunteers from more than 150 city-based centers spread worldwide. The Foundation is headquartered at the Isha Yoga Center, set in the lush rainforest at the base of the Velliangiri Mountains in Southern India. In the US, the headquarters is the Isha Institute of Inner Sciences, located on the spectacular Cumberland Plateau in central Tennessee.



At the core of the Foundation's activities is a customized system of yoga called Isha Yoga. Isha Yoga distills powerful, ancient yogic methods for a modern person, creating peak physical, mental, and emotional wellbeing. This basis of total wellbeing accelerates inner growth, allowing each individual to tap the wealth of vibrant life within oneself. Sadhguru's introductory program, Inner Engineering, introduces Shambhavi Maha Mudra – a simple but powerful kriya (inner energy process) for deep inner transformation.

Isha Foundation also implements several large-scale human service projects to support individual growth, revitalize the human spirit, rebuild communities, and restore the environment. These include:

- **Action for Rural Rejuvenation**

([www.ruralrejuvenation.org](http://www.ruralrejuvenation.org)), a rural revitalization program offering medical care, community rehabilitation, and human upliftment to more than 2,500 destitute villages in rural southern India.

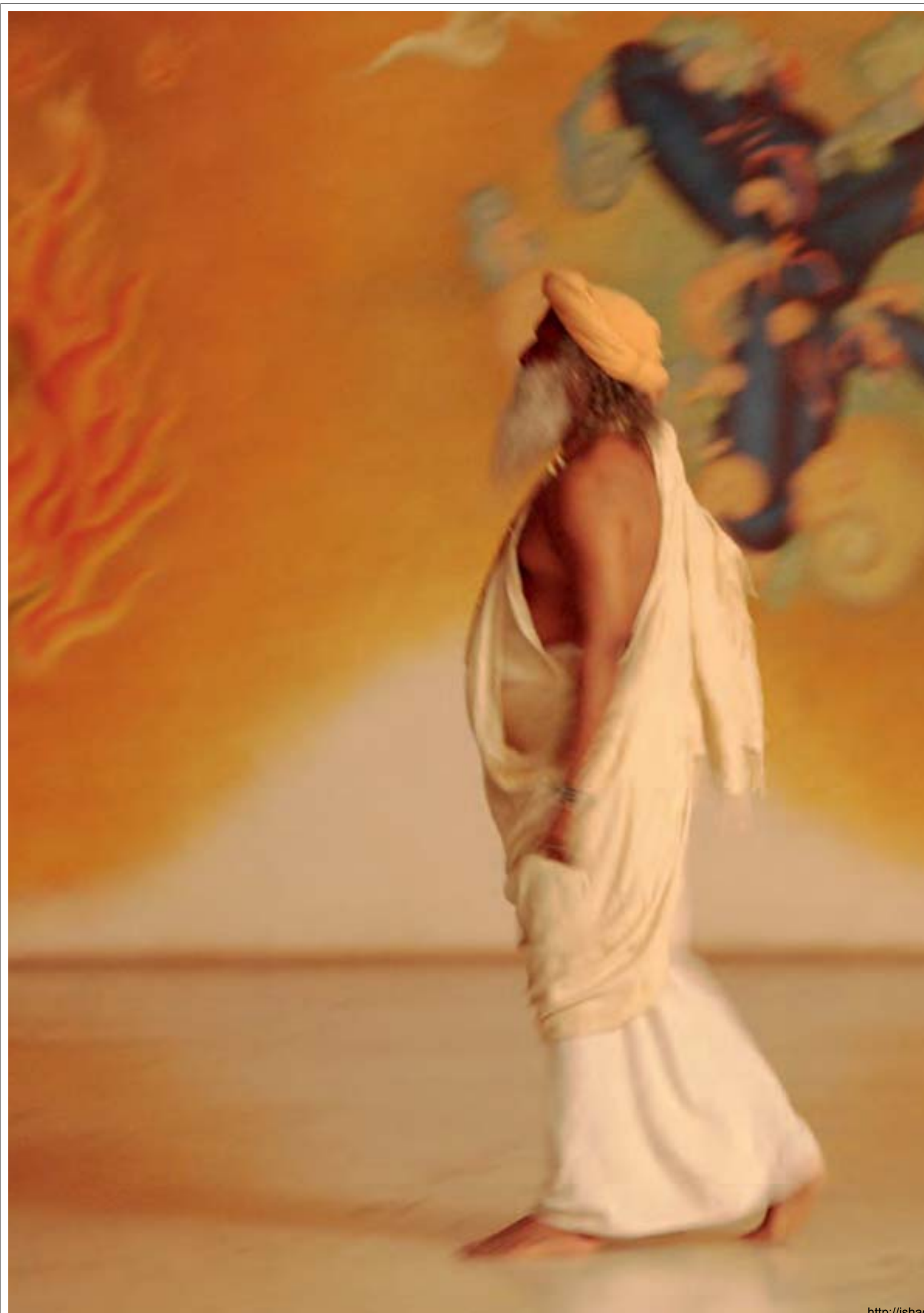
- **Project Green Hands**

([www.projectgreenhands.org](http://www.projectgreenhands.org)), a massive public reforestation effort aiming to plant 114 million trees, restoring 33% green cover in Tamil Nadu, India.

- **Isha Vidhya**

([www.ishavidhya.org](http://www.ishavidhya.org)), a pioneering English medium, computer-based education initiative to be established in 206 new village schools in rural southern India by 2014. Together with its active and dedicated volunteer base, the Foundation's activities serve as a thriving model for human empowerment and community revitalization throughout the world.





## **Become Me**

***I was born in my mother's womb  
but she did not create me  
I eat the salt of this earth  
but I do not belong to her***

***It is through this body that I walk  
but I am not it  
It is my mind through which I work  
but it could not contain me***

***In the limitations of time and space I live  
but it has not denied me  
unboundedness***

***I was born like you, I eat like you,  
sleep like you, and I will die like you  
but the limited has not limited me,  
life's bondages have not bound me***

***As the dance of life progresses,  
this space, this unboundedness,  
has become unbearably sweet***

***Become love and reach out  
Become me***

**– SADHGURU**





# SADHGURU

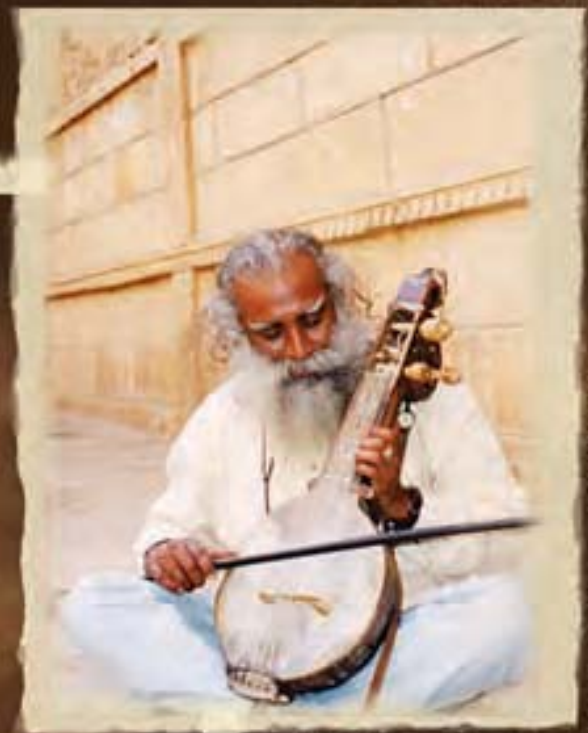
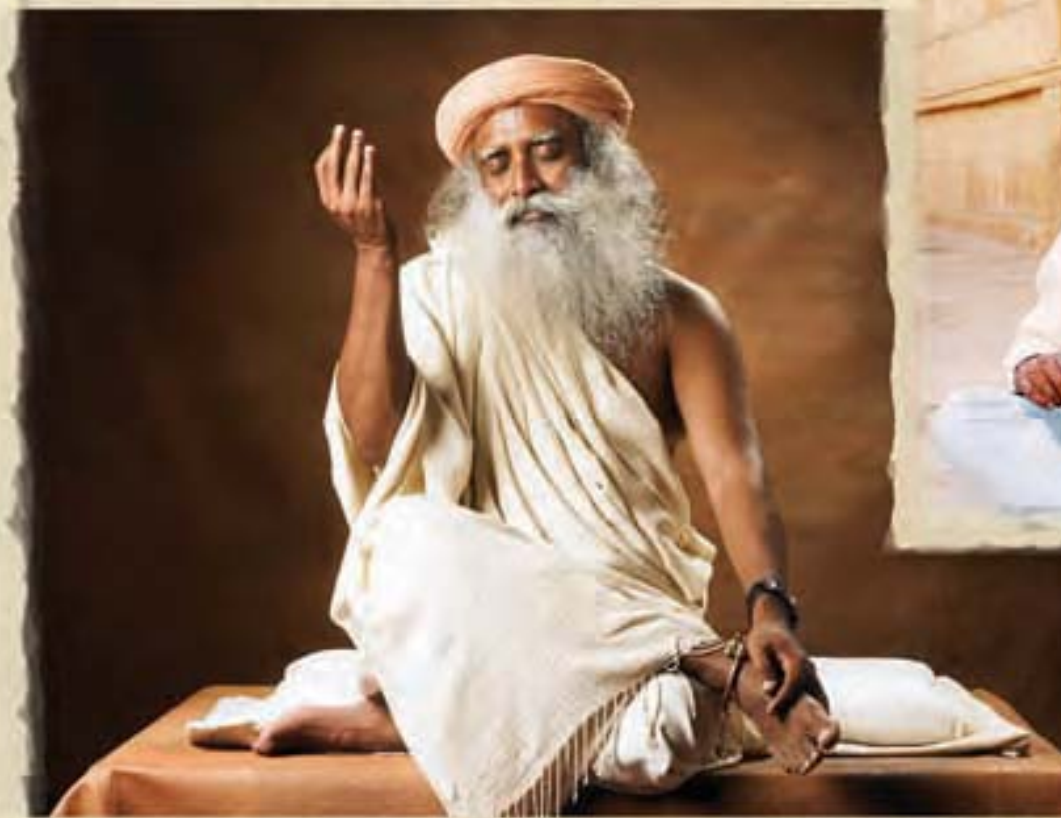
Sadhguru, a yogi and profound mystic of our times, is a visionary humanitarian and a prominent spiritual leader. A contemporary Guru, rooted as strongly in mundane and pragmatic matters as he is in inner experience and wisdom, Sadhguru works tirelessly towards the physical, mental, and spiritual wellbeing of all. His mastery of the mechanisms of life, an outcome of his profound experience of the Self, guides in exploring the subtler dimensions of life. The consummation of his life has been the consecration of the Dhyanalunga Yogic Temple, a dream of many Enlightened beings.

At home in loincloth as much as a pair of jeans, barefoot through the mighty Himalayas,

"This life for me is an endeavor to help people experience and express their divinity. May you know the bliss of the divine."

— SADHGURU

or straddling a motorcycle on the expressway, Sadhguru is one of the most unusual mystics that one can encounter. Marking a clear departure from mere customs and rituals, Sadhguru's scientific methods for self-transformation are both direct and powerful. Belonging to no particular tradition, Sadhguru incorporates and presents what is most valid for the contemporary life from the yogic sciences. wel Sadhguru speaks at some of the world's most prominent international leadership forums. He is a regular at the Annual Meeting of World Economic Forum, and has spoken at the Tallberg Forum in Sweden and the Australian Leadership Retreat. He has also served as a delegate to the



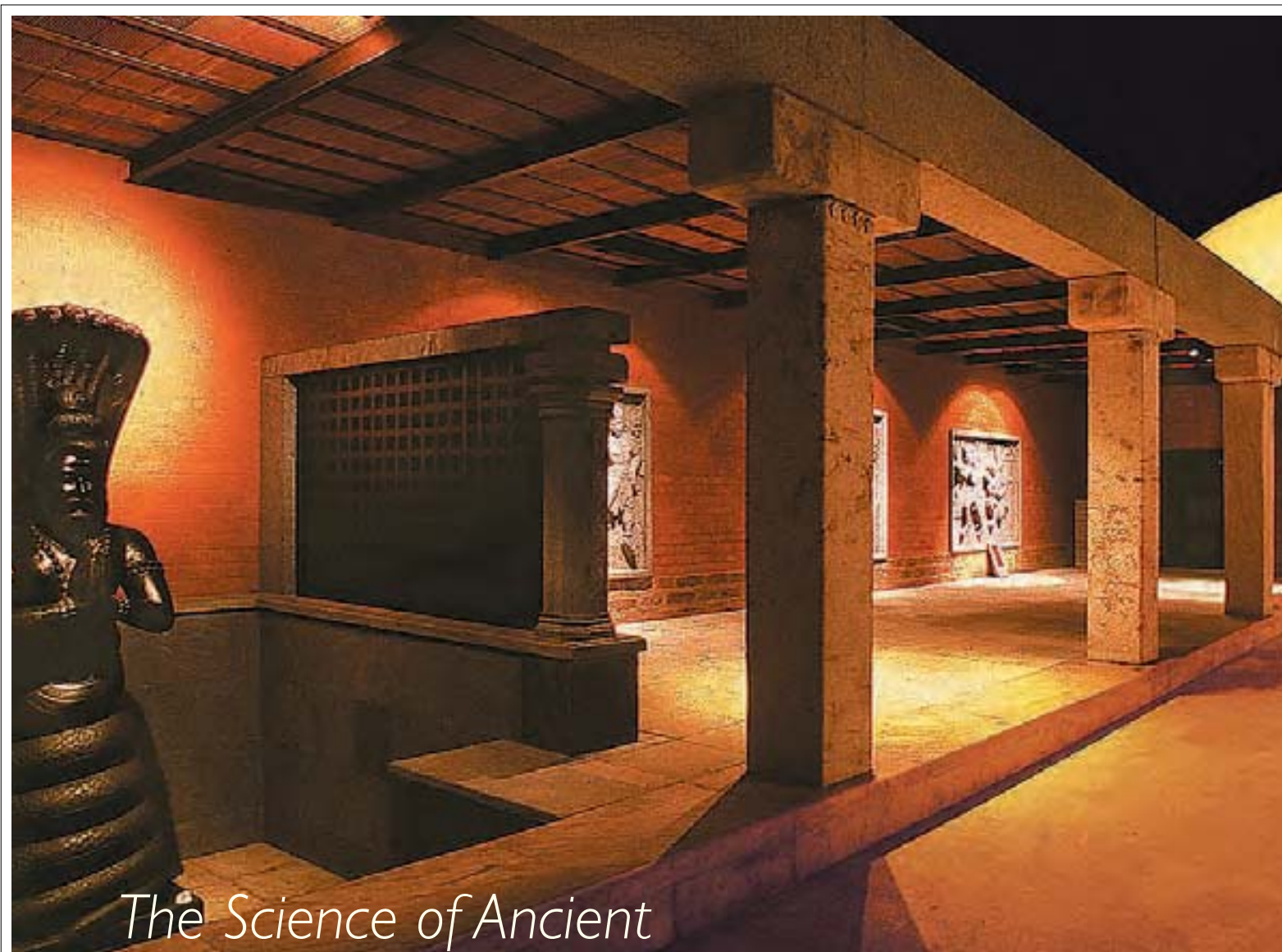
United Nations Millennium Peace Summit and the World Peace Congress.

He has also served as a delegate to the United Nations Millennium Peace Summit and the World Peace Congress. Sadhguru's vision and understanding of modern social and economic issues have led to interviews with BBC, Bloomberg, CNBC, CNNfn, and Newsweek International. His insights are

regularly featured in the international media.

A well-known public figure, he regularly draws hundreds of thousands of people for his public talks and "sathsangs" (group meditation). Traversing seamlessly from the ancient to the ultramodern, Sadhguru bridges the gap between the known and the unknown, enabling all those who encounter him to explore and experience the deepest dimensions of life.





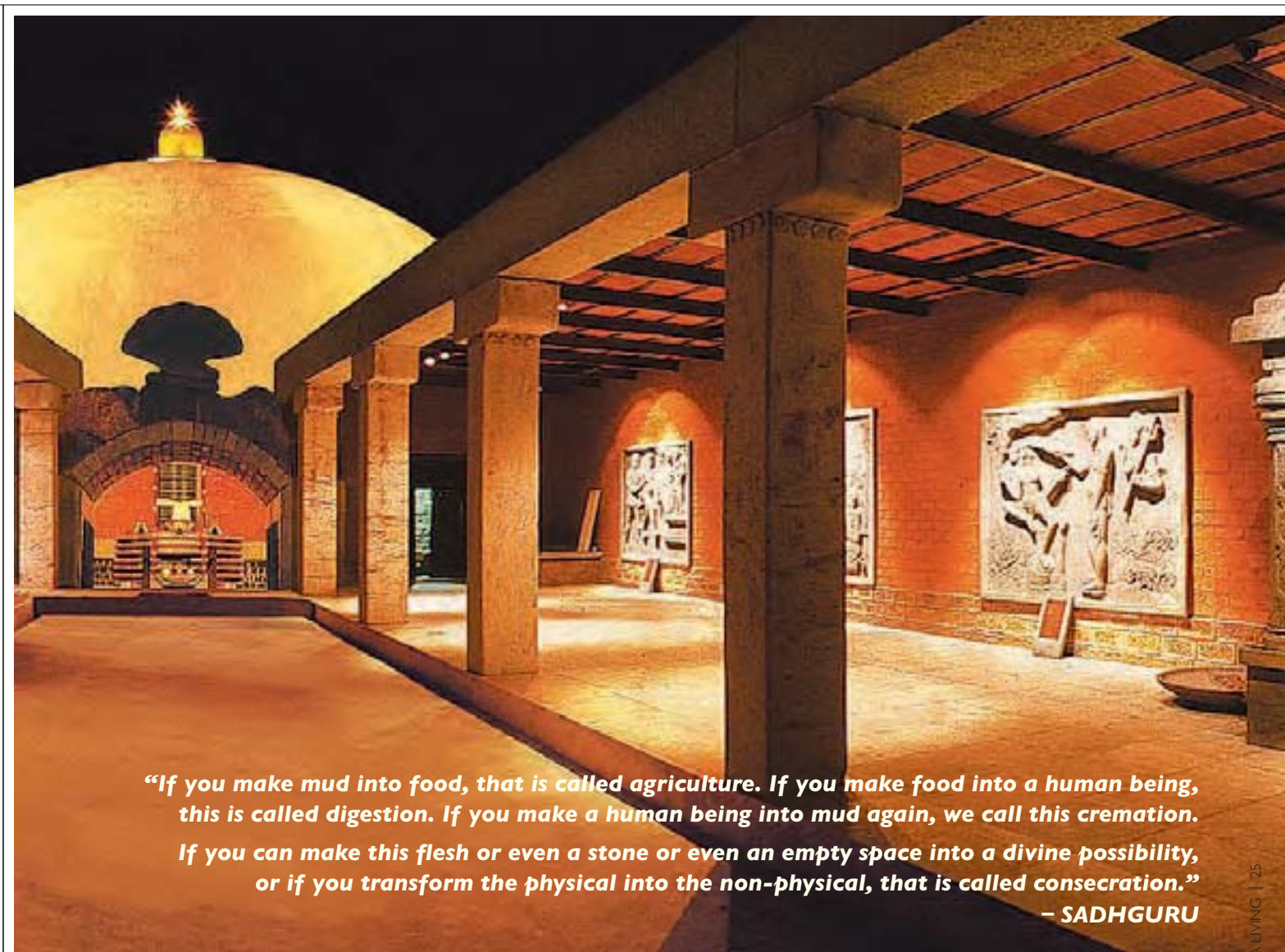
The Science of Ancient

# Temples

Ancient temples were built not as places for prayer, but as highly energized spaces where people could transform themselves in a very deep way. Traditionally, the belief was that when one goes to a temple one should sit down for a while before coming out, otherwise the visit would be fruitless. This is so because temples were built like a public charging place by which people could charge themselves with an inner energy.

People visited the temple before they entered into their daily work so that they could go about with a certain sense of balance and depth in their lives. Ancient temples were built with an understanding and mastery of the inner science of spiritual evolution. Gradually, the underlying understanding of the spiritual science behind temple construction and usage was lost and rituals and ceremonies took over, converting temples into places for prayer and worship.

Even today, powerful yogic temples can be found in many parts of India. Some are modest structures hidden away in the Himalayas. Others are architectural marvels, commissioned by historic kings and consecrated by great masters of the yogic tradition. South India, in particular, is known for several vibrant temples consecrated by the legendary author of the “Yoga Sutras”, Patanjali, also known as the father of the yogic sciences. In ancient times, the construction of a temple was fairly complex. The most important aspect was always the energy form established as its main shrine. The shape, dimensions and materials of the structure that houses the energy form, or idol is also critical. The *parikrama* or the walkway of the temple, the *garbha griha* or the innermost shrine of the temple, the shape and the size of the idol, the *mudra* held by the idol and the *mantra*



*“If you make mud into food, that is called agriculture. If you make food into a human being, this is called digestion. If you make a human being into mud again, we call this cremation. If you can make this flesh or even a stone or even an empty space into a divine possibility, or if you transform the physical into the non-physical, that is called consecration.”*

– SADHGURU

(sound) used for the consecration of the temple are all fundamental parameters of temple construction.

The main idol was often complemented by one or more minor idols or deities carefully positioned along the path of approach to the main shrine. All of these elements are matched and built according to a certain science and based upon the understanding of the energies, thereby creating a powerful energy situation to facilitate inner transformation.

The process of enshrining this energy in such a way that it is available to the visitor is called the *pratishta* or the consecration. Basically, there are two kinds of consecration processes: *mantra prathista* and *prana prathista*. When consecration is done through chanting of certain mantras (energized syllables or sounds) and performing certain *yagas* and *yagnas* (rites), it is called *mantra*

*prathista*. Energy forms so consecrated constantly require *poojas* (offerings of fruit, flowers) and other rituals to maintain their energies. Traditionally, rituals were created according to certain processes in the existence. They were created so that the place of ritual gathers a certain amount of energy, a certain amount of *prana* (life energy) for people to benefit from. There are various types of rituals performed for different benefits that one can derive. There is a whole science to this. If it is performed properly—keeping the basic norms in the ritual and the performer, how he is and how competent he is—certain energy fields can be created and maintained. In contrast, *prana prathista* is done in such a way that the energy fields are created and locked. The energy form, then, maintains its energies at a constant level and does not require performing of rituals or any means of re-energizing.





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“Dhyana” in the Sanskrit language, means meditation and “linga” means form.

Dhyanalinga is a powerful and unique energy-form, representing the distilled essence of yogic sciences. Unsuccessfully attempted for thousands of years by many accomplished yogis, it is the first of its kind to be successfully consecrated and presented to the world.

Dhyanalinga Yogic Temple offers a unique meditative space that does not ascribe to any particular faith or belief system, or require any rituals, prayers, or worship. Within its space, the intense yet subtle energies of the linga, allow one to experience the deepest states of peace and silence, revealing the essential nature of life itself.

With the sculptural reliefs and symbols of Hinduism, Islam, Christianity, Jainism, Taoism, Zoroastrianism, Judaism, Buddhism, and Shinto inscribed on a colossal pillar, Sarva Dharma Sthamba, located at the front entrance, Dhyanalinga functions as an icon of singularity, bearing a universal message of welcome.

As such, it offers a rare and potent opportunity for humanity to grow together into a state of peace, prosperity and well-being, beyond religious divide.

As the focal feature of Isha Yoga Center, Dhyanalinga Yogic Temple with its Theerthakund, and the upcoming Linga Bhairavi Shrine, is rapidly becoming one of the most sought out locations for those seeking to experience and grow in meditation.

# D H Y A N A L I N G A



Sarva Dharma Sthamba welcoming people of all religions



# NANDI

In front of the Dhyanlinga Yogic Temple is the Nandi bull, the largest of its kind in the world, constructed completely out of metal. Filled with a unique composition of vibhuti, earth and herbs, Sadhguru describes the 13 foot tall Nandi as a symbol for meditateness:

**“Nandi is a symbolism of eternal waiting... Waiting is considered as the greatest virtue in this culture, because one who knows how to simply sit and wait, he is naturally meditative. So, before you go into the temple, you must have the quality of the Nandi, that you simply sit...”**



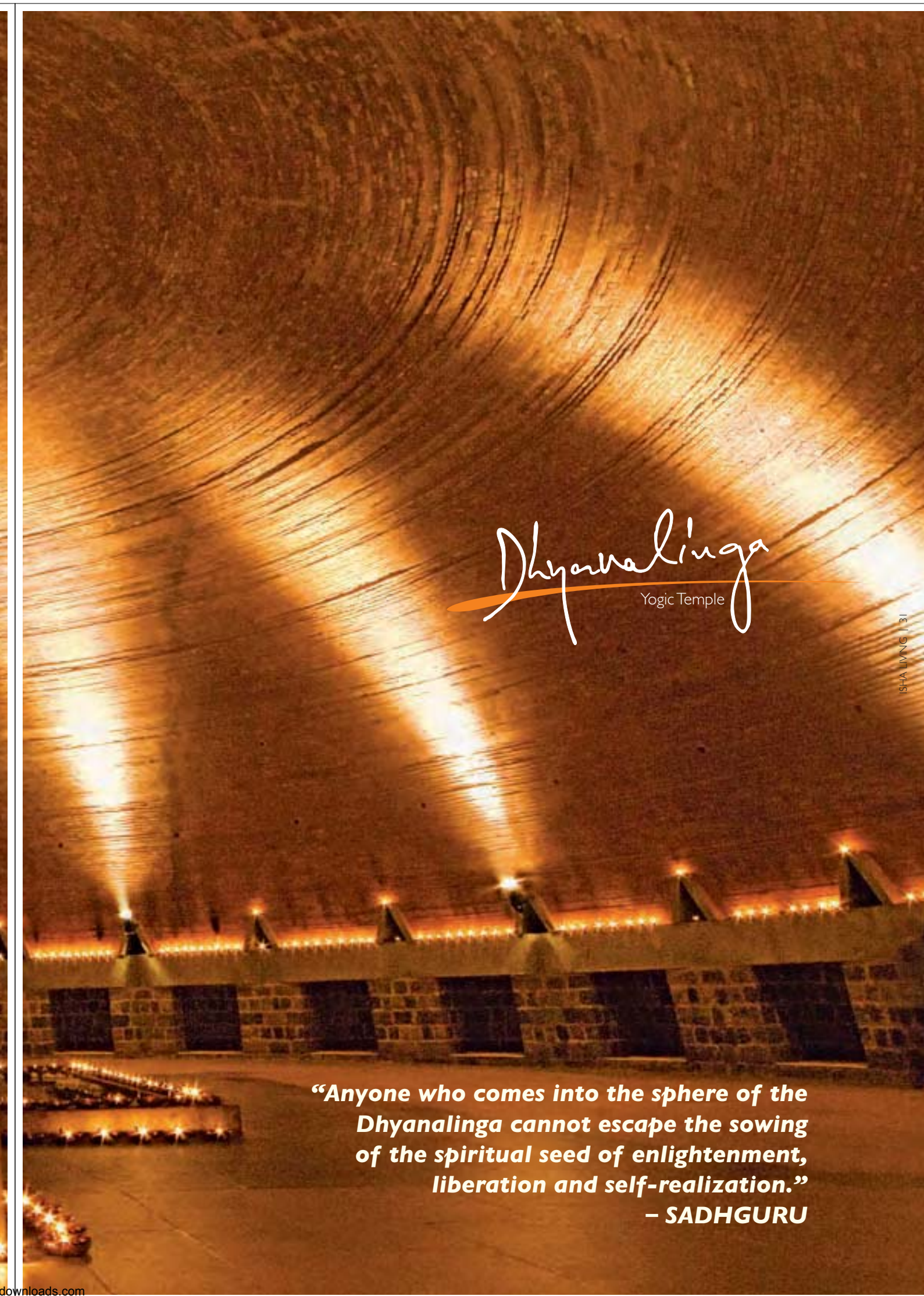
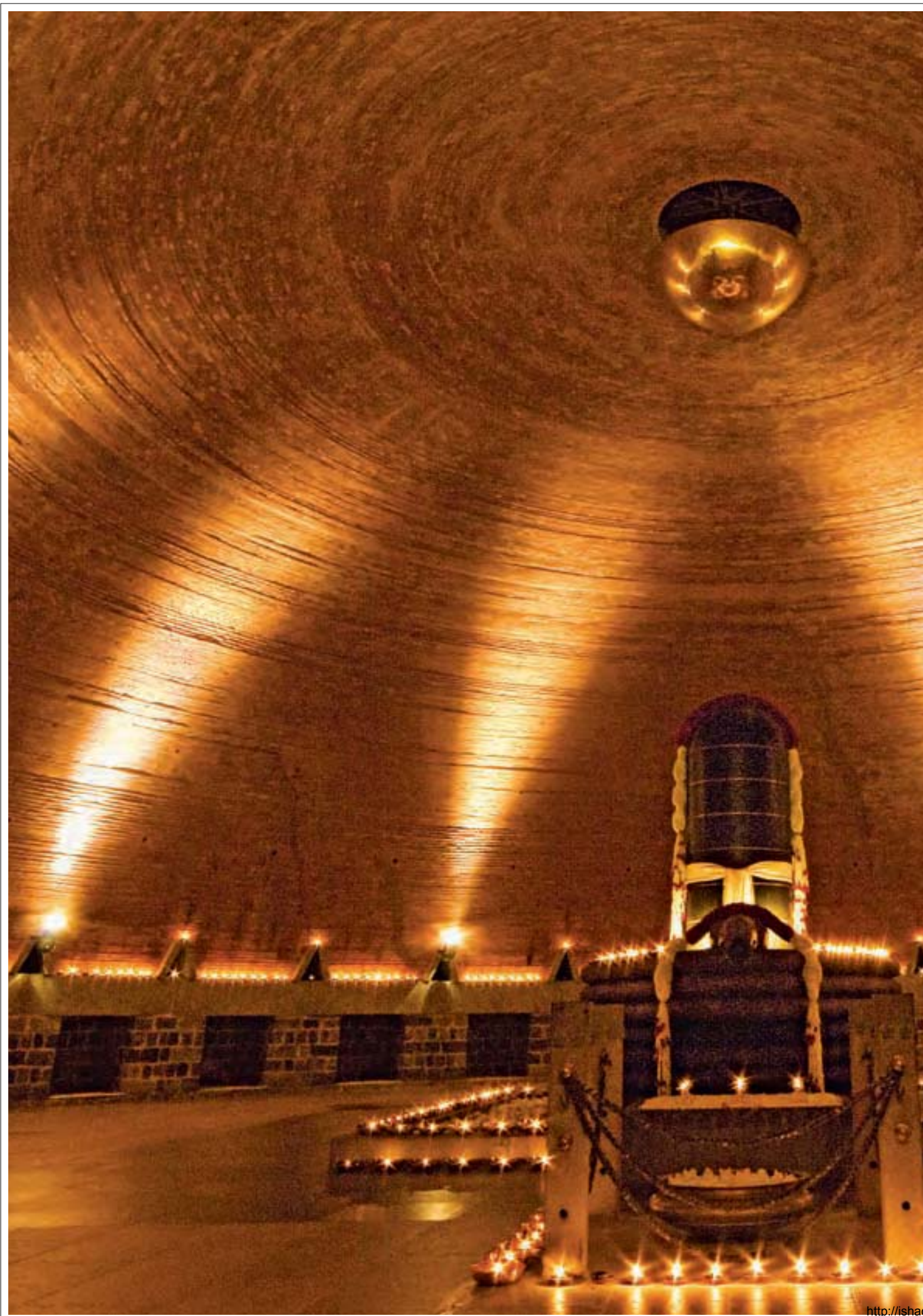
# PATANJALI

**Statue of sage Patanjali,** depicted in the traditional half-man, half-snake form at the Dhyanalinga Temple.

Patanjali is revered as the Father of Yogic Sciences, and in the modern world, he is best known for his work: “Yoga Sutra.” However, he neither invented Yoga nor discovered it.

A great spiritual Master; he was also highly proficient in language, grammar, and music. He assimilated the various prevailing spiritual traditions, which until then existed only in the form of lore, and presented it in the scientific form that the world today knows as Yoga.





# Dhyanalinga

Yogic Temple

***“Anyone who comes into the sphere of the Dhyanalinga cannot escape the sowing of the spiritual seed of enlightenment, liberation and self-realization.”***  
**– SADHGURU**



### ***Dhyanalinga***

***You are my Guru's will  
my only obsession  
In my dreams and my wakefulness  
my only longing was to fulfill you***

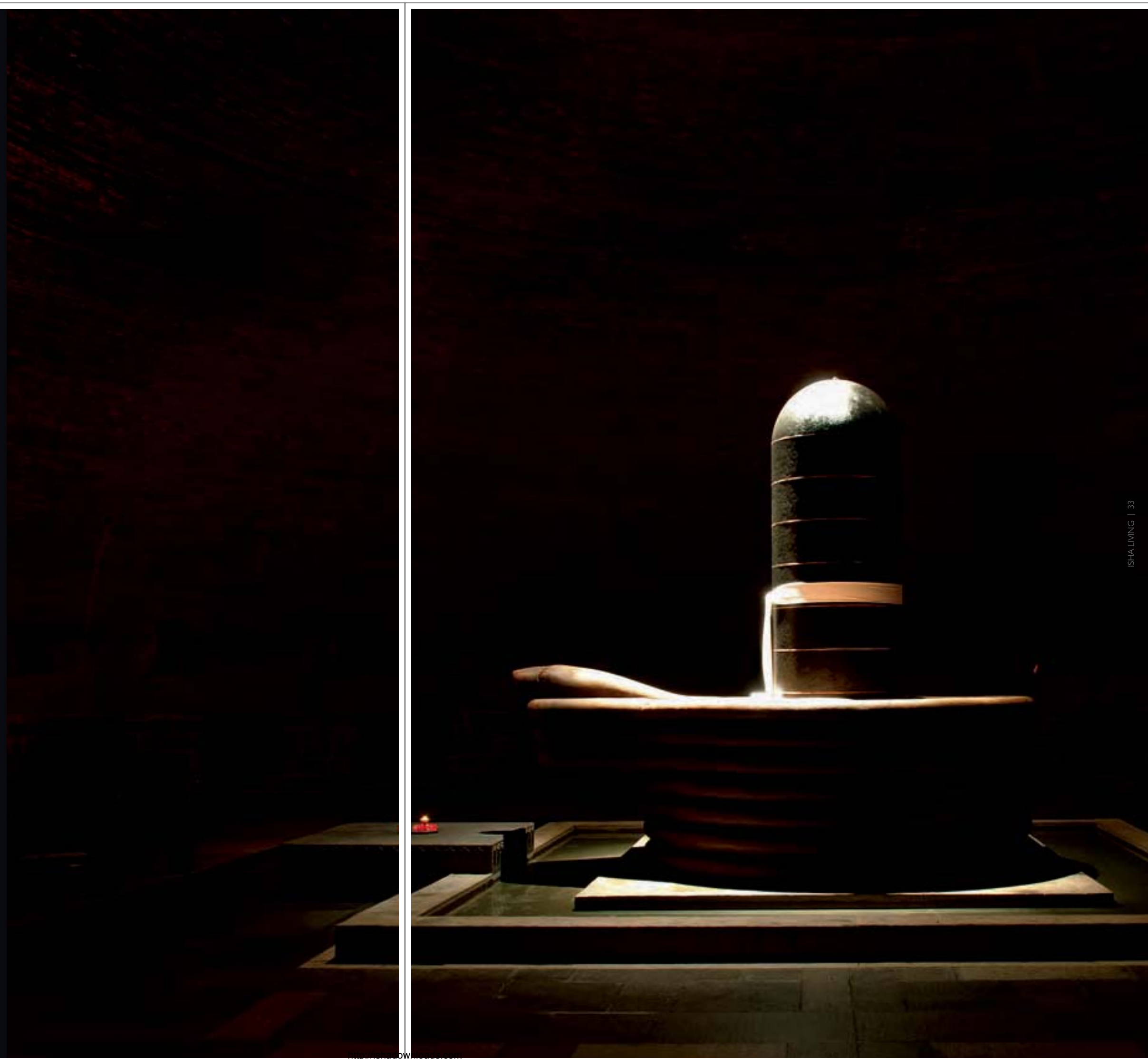
***Willing to do anything  
that men should and should not  
Willing to offer myself and  
another hundred lives, if need be***

***Here, now that you have happened  
O' Glorious one  
May your glory and grace  
stir the sleeping hordes  
into wakefulness and light***

***Now that you have happened  
and the gift of life still with me,  
what shall I do with myself?***

***Have lived the peaks for too long  
time to graze the valleys of life***

***– SADHGURU***





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## THEERTHAKUND

The Theerthakund, located on the northern perimeter of the Outer Parikrama surrounding the Dhyanalinga Shrine, is one such sacred water body. This unique underground pool specially consecrated by Sadhguru, has been the source of deep spiritual experiences for many. Built as a vaulted structure that shares the same aesthetics and building principles as the Dhyanalinga Temple. The rectangular water tank, framed by gigantic granite stones, is embedded 30 feet deep in the earth. Enormous stone steps drop down to the



Entrance to the Theerthakund

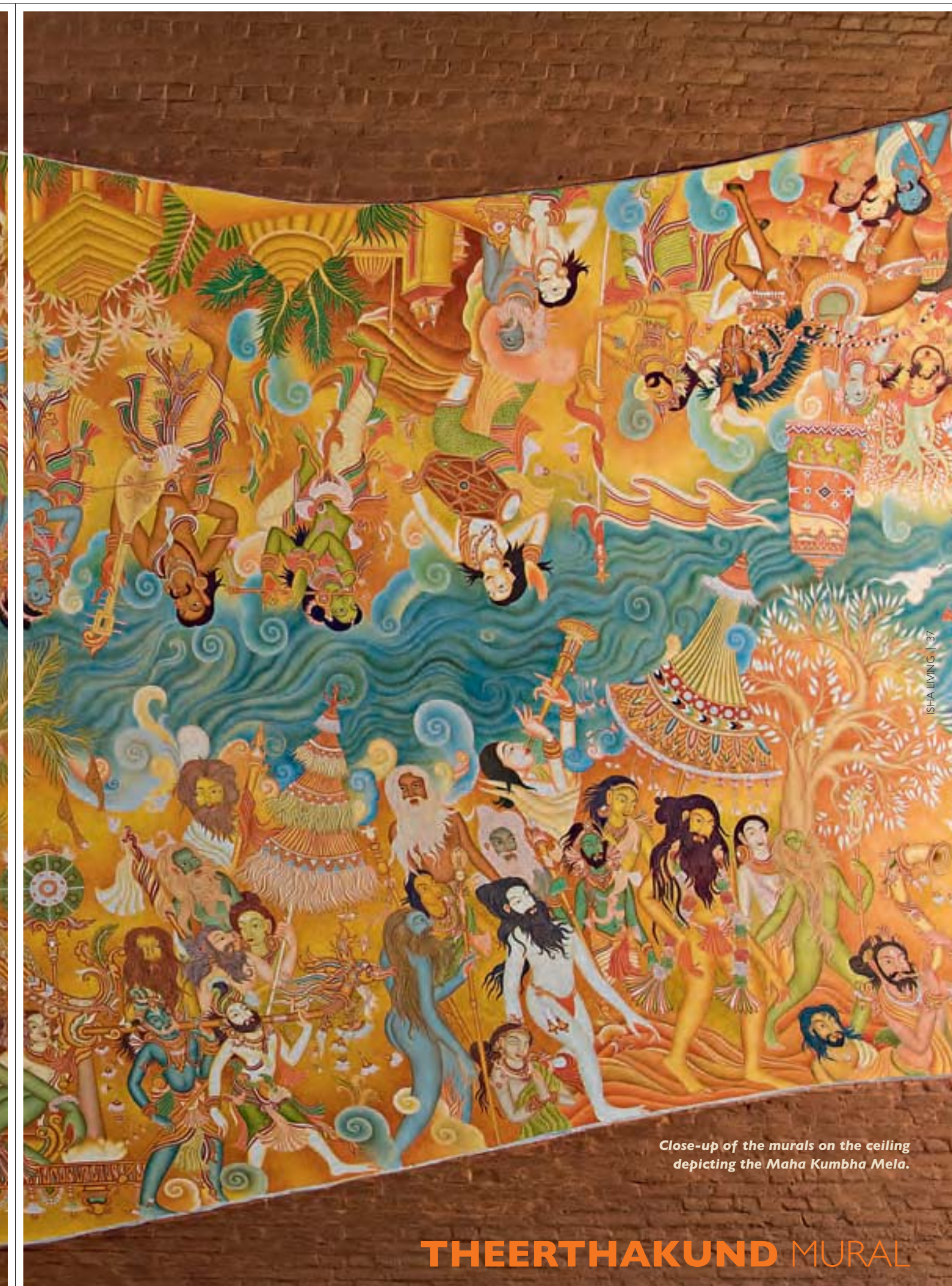


Murals on the ceiling depicting the Maha Kumbha Mela.

water body, as a spectacular, hand painted mural of the *Maha Kumbha Mela*, exuberant in its colors, shapes and expressions, unfolds on the raised, curved ceiling above.

The water is energized by the submerged *rasalinga*, weighing over 660kgs. A dip in this vibrant water significantly increases spiritual receptivity and also rejuvenates the body.





Close-up of the murals on the ceiling depicting the Maha Kumbha Mela.

**THEERTHAKUND** MURAL



# LINGA BHAIRAVI TEMPLE

Linga Bhairavi is an exuberant expression of the Divine Feminine, both fierce and compassionate at once. The Devi represents the nurturing and creative aspects of the universe and the energies of Linga Bhairavi are focused on enhancing the physicality, bringing material wellbeing and health. The Linga Bhairavi Temple in the form of an equilateral triangle is located at the Southwest corner of the Dhyanalinga Yogic Temple Complex.



For one who is fearful, darkness is evil. For one who is not fearful, darkness is the all-absorbing nature of existence. That which can absorb everything is also that which creates everything.

So, Devi is seen as the basis of all Creation. Earth is called "Mother" because it is all creating and all absorbing. It throws us out and absorbs us too, one day.

Why do some associate darkness with evil? Only because your visual senses are such that you cannot see in darkness, it instills fear in you. For all nocturnal animals, darkness is beautiful. There was no light in your mother's womb. The fear of darkness came only after you were born.

For those trapped in the limitations of sensory perception, darkness is a problem.

For those who have transcended the limitations of the senses, darkness is a blessing. The fundamental principle of Bhairavi is darkness. One meaning of 'bhai' is fear. Another meaning is 'beyond.' She is fearful for those who are trapped in limitations – but for those who have the eyes to see it, she is the nature of the beyond. Fear is always of losing something. You can only lose limited aspects of life; you can never lose its ultimate nature. Fear occurs because you are attached to your limitations; otherwise there is no fear. Fear appears because there is no vairag, no dispassion. For those who are trapped in limitations, dispassion is a fearful thing. For those who consciously go into it, dispassion is ultimate freedom.

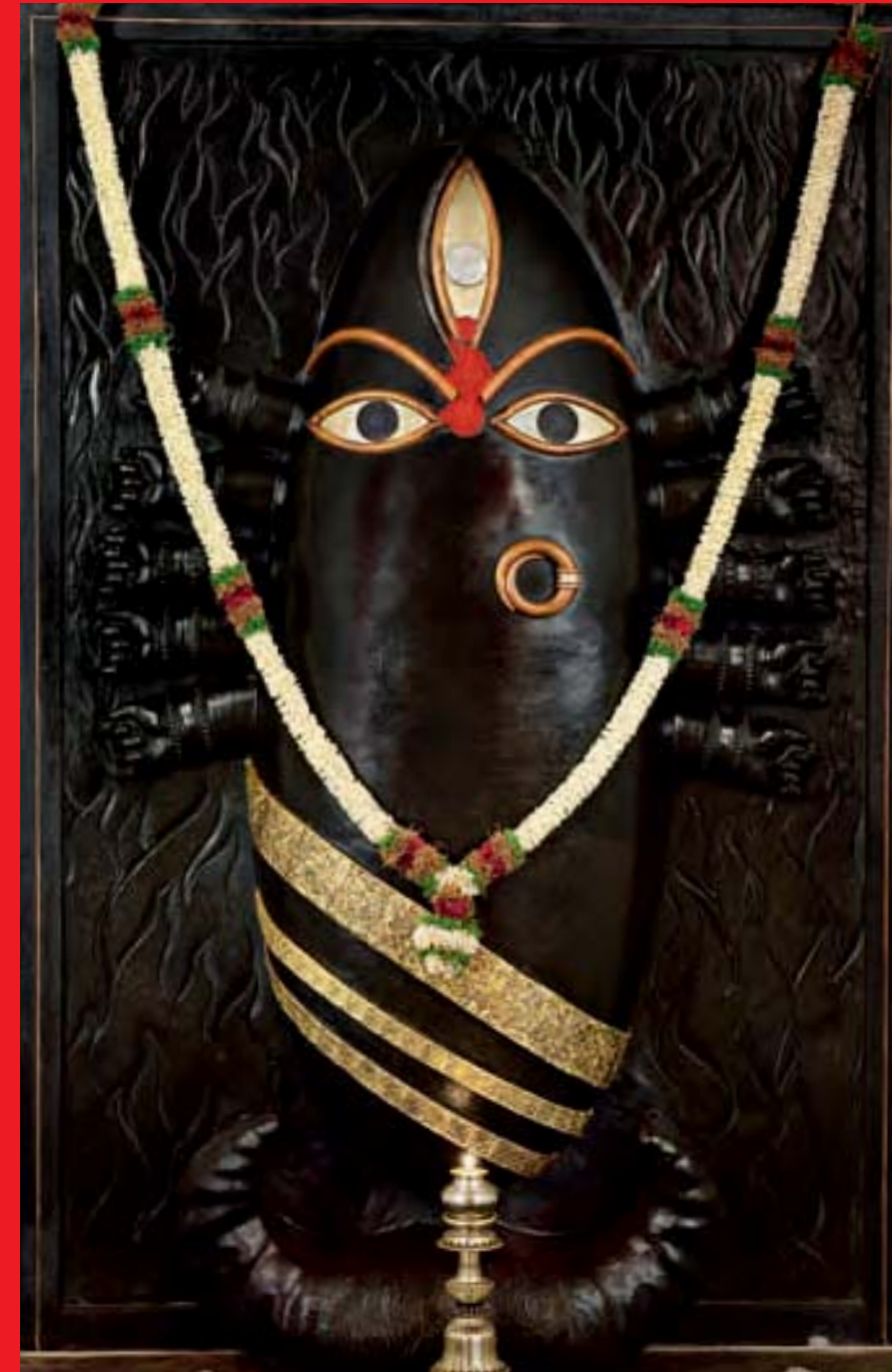
Either you are in 'bhai' or vairag – there is no other way to be. Passion and fear are connected.

The word 'passion' is used in many ways: we are using it for intensity but passion essentially means you are clinging to something. Being passionate about something or somebody is the only way for you right now to generate certain experiences within you. If the object of your passion is threatened, there is fear. Dispassion does not mean non-involvement. Right now, you are kicking up your involvement with passion. If you can kick up your involvement with dispassion, then there is no question of fear.

Devi is depicted spilling blood. Blood is all the time flowing inside your body. If it comes out, what is the big deal? In all fundamental aspects of life, people are fearful.

They are fearful of the life process itself. When Devi is depicted in fearful ways, it is not that she really is fearful. It is just that people see her like that; it is their perception. Those who love her think she is compassionate, but those who look at her bound by limitations think she is fearsome. You might see pictures where Devi has taken off her own head, carrying it in her hand; this aspect of the Devi is called Chinnamasta. This is to show that she has taken off her own limitations.

If Devi nurtures your limitations, would you call that compassion? Or would you think so if she takes away your limitations? Removing your limitations is ultimate compassion – to a point where she is willing to be unpopular.



## ***Linga Bhairavi***

***Seek her in Devotion***

***She is an ocean of Compassion***

***Seek her in Desperation***

***She is a steadfast Companion***

***Seek her in true Passion***

***You will be loved to Distraction***

***Just seek her in your Confusion***

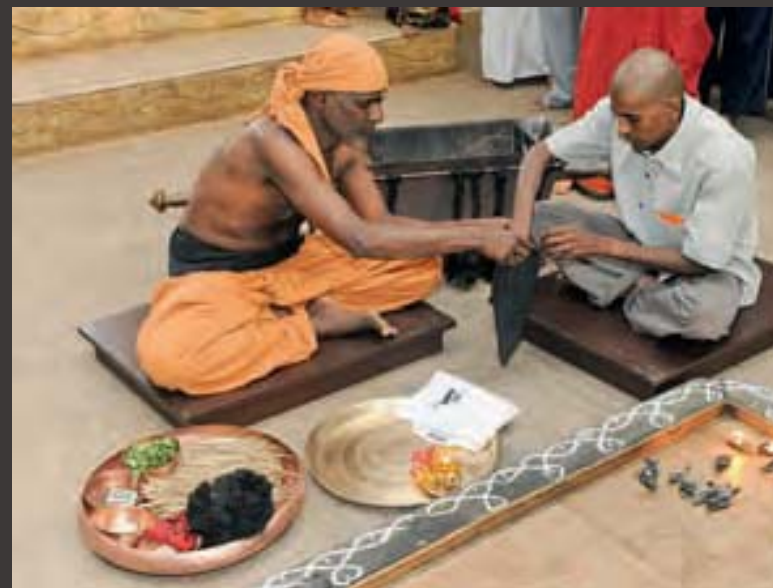
***She will lead you to Fruition***

***Jai Bhairavi Devi***

***– SADHGURU***



# KALA BHAIRAVA



***“This has been very much a part of yogic culture – that if somebody dies and does not have the awareness to conduct his death properly, then somebody else does it for him.”***  
– SADHGURU



In the Indian culture, death rituals were an elaborate and sophisticated last attempt to create wellbeing for the just departed.

Depending upon the age of the person, the nature of life he lived and the nature of the death he underwent, these rituals were carefully crafted to not only facilitate the smooth transition of a being from one stage of life to another but also to bring about spiritual evolution of the departed.

Unfortunately however, in the last 100 – 150 years, these traditions have become largely distorted, corrupt and defunct in the society. Kalabhairava Karma and Kalabhairava Shanthi are two processes established by Sadhguru to provide a person this crucial assistance in this vulnerable state, once he leaves the body.



# YANTRAS

**“Devotion is a different level of intelligence. The world may not understand, but a devotee has the sweetest experience of life, compared to anybody else on this planet.”**

**– SADHGURU**



Linga Bhairavi unites all three fundamental dimensions of the Divine as well as the three basic qualities of existence within herself. Whether a devotee seeks to acquire, enjoy, or transcend the physical and material aspects of life – the Devi will assist in whatever one's aspirations may be. Be it power, strength, and physical immortality; wealth and riches, passion and intensity; or knowledge, knowing, and transcendence – the Devi is the Ultimate Giver of all that and more. Various offerings and rituals are conducted in the temple to allow devotees to benefit from the Devi's abundant Grace. The temple offers unique rituals that assist in every step that one takes in one's life, from birth to death, and in-between.

For those who desire to have the Devi's Presence and Grace in their own private living and office spaces, there are now Linga Bhairavi yantras and miniature temples available. Traditionally, yantras are certain forms designed and created to reap particular benefits. However, the Linga Bhairavi yantras and miniature Devi temples are very unique and the scope of their benefits manifold.

With the Linga Bhairavi Yantra in your home, you can reap the benefits of living in a consecrated space. The Devi's Grace also promotes health, prosperity and overall wellbeing for all those who live in her sphere. The linga-shaped form will sustain its energy for hundreds of years, enabling many generations of the family to continuously enjoy the Devi's Grace.

For those who are into spiritual sadhana, it is particularly beneficial to practice in the sphere of the Devi. Through the physical contact with the Devi, your energy system will change in such a way that Bhairavi's Grace will function within you. Physical, mental, and spiritual wellbeing, as well as a healthy, successful, and prosperous life will be a natural outcome.



**“One who earns the Grace of Bhairavi neither has to live in concern or fear of life or death, of poverty, of failure. All that a human being considers as wellbeing will be his if only he earns the Grace of Bhairavi.”**

**– SADHGURU**

## **The Linga Bhairavi Yantra**

The Linga Bhairavi Yantra is a unique and powerful energy form, specially and specifically designed and consecrated by Sadhguru to create a situation of inner and outer wellbeing in your home. The Linga Bhairavi Yantra is comprised of two components: Linga Bhairavi, a live, mercury-based linga, and a copper Bhairavi Yantra. Both are embedded in solidified mercury and set in a 19" x 15" sculpted granite base.

## **Linga Bhairavi Avighna Yantra**

The Linga Bhairavi Avighna Yantra is a unique and powerful energy form, especially and specifically designed and consecrated by Sadhguru to create a situation of personal and material wellbeing in larger spaces, especially business locations, offices, hospitals, or any other commercial, public or private building, as well as residential estates of more than 3000 sq. ft.

## **The Linga Bhairavi Gudi**

The Linga Bhairavi Gudi, a miniature Devi temple designed by Sadhguru, allows devotees to behold and connect with the Devi, wherever they may be. The Devi has taken residence in an artistically crafted copper shrine, with her trishul (trident) by the entrance. Spiral ornaments on the sides of her abode symbolize the Devi's creative energy and power. The top of her miniature shrine carries the Devi Yantra. The light of a small oil/ghee lamp mounted in front of the Gudi entrance suffuses the inside of the shrine, bathing the Devi in a mystical glow.

Measuring 8 cm x 8 cm x 8 cm, the Linga Bhairavi Gudi fits into the smallest spaces – in your home or workplace, and even your vehicle.



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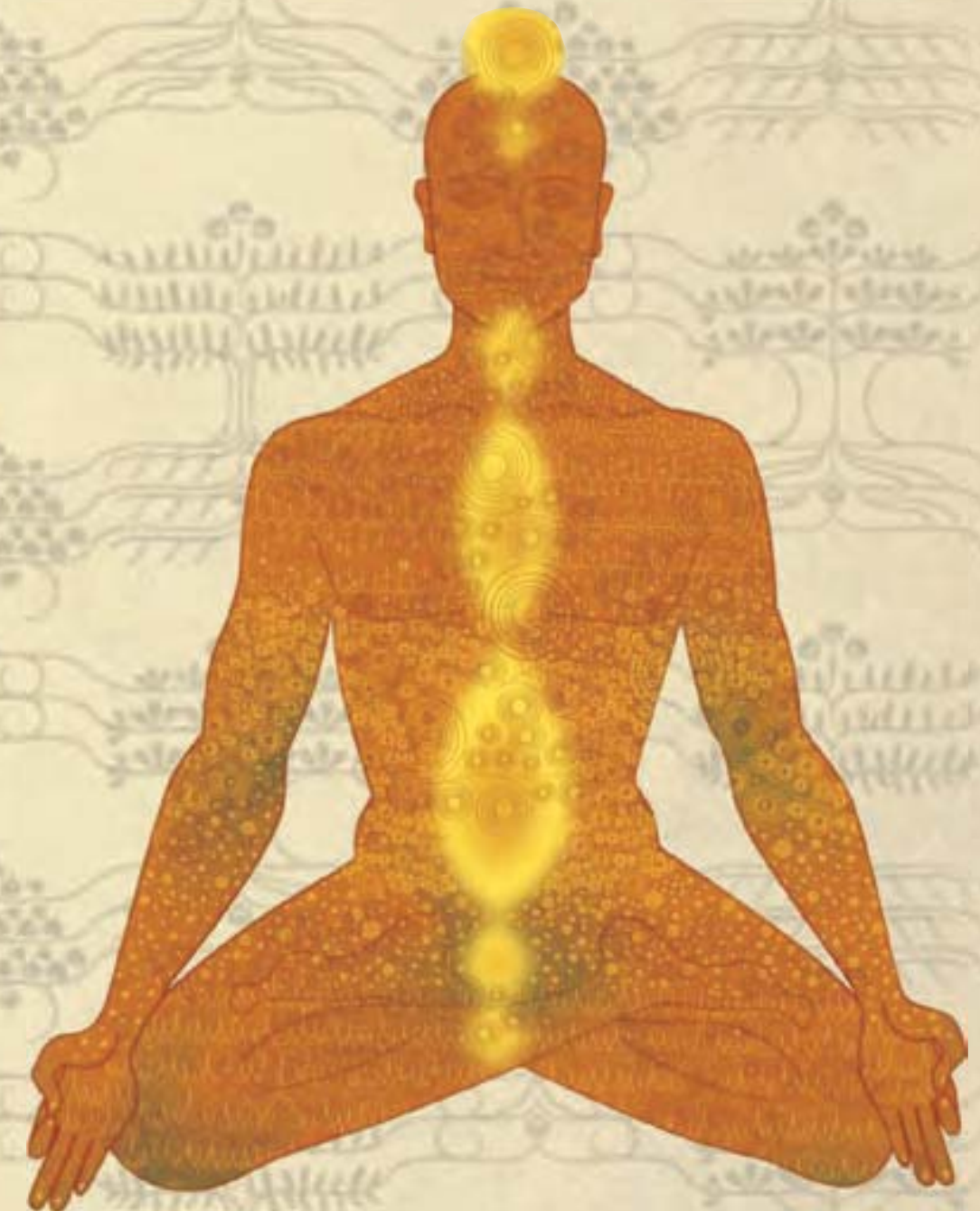
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# ANAND ALAI

## A Wave of Bliss

*"Sathsang is to go beyond all duality of anger, hatred, jealousy, like, dislike – just to bask in the light of the enlightened."*  
 – SADHGURU



In an effort to reach out to the mass population of the country, Sadhguru offers his wisdom and grace in a series of Ananda Alai Mahasathsangs throughout India. Tens and sometimes hundreds of thousands, gather together to be with Sadhguru in a wave of bliss. These free public programs serve as a forum to share refined methods for inner peace and well-being, to help people return to their natural, intended state of wholeness.

Powerful music and meditations with Sadhguru create an environment in which participants become more receptive to higher states of awareness and help multitudes of people around the world to experience new dimensions of feeling, thinking and living.











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## Isha Yoga Center

Isha Yoga Center, founded under the aegis of Isha Foundation, is located on 150 acres of lush land at the foothills of the Velliangiri Mountains amidst a forest reserve with abundant wildlife. Created as a powerful sthana (a center for inner growth), this popular destination attracts people from all parts of the world. Unique in its offering of all the four major paths of yoga – gnana (knowledge), karma (action), kriya (energy) and bhakti (devotion) – it revives the Guru-Shishya parampara (the traditional method of knowledge transfer from Master to disciple).



Spanda Hall

“ It is a powerful space consecrated for inner unfoldment, having a deeply dedicated community which is an embodiment of love and commitment to all.” – SADHGURU



The center offers various residential facilities as well as program and conference facilities such as the 64,000 sq. ft. Spanda Hall and the Nalanda Conference Center. Also located on the premises are the Dhyanalinga Yogic Temple, Theerthakund, Isha Rejuvenation Center and Isha Home School. Isha Yoga Center provides a supportive environment for people to shift to healthier lifestyles, seek a higher level of self-fulfillment and realize their full potential.



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## SADHANA HALL

"It is my dream someday that the world, the humanity, should live  
in consecrated spaces. Your home should be consecrated, your street  
should be consecrated, your office should be consecrated.  
Wherever you spend time, those spaces must be consecrated;  
there is a certain beauty. Your evolution need not stick to Darwinian scale;  
you can simply leapfrog and go if you live in a consecrated space."  
— SADHGURU



A specially consecrated Sadhana Hall at Isha Yoga Center, where the  
residents gather in the morning and evening to do their sadhana together.  
The unique architecture of the building, designed by Sadhguru, as is the  
case with all other buildings in the Yoga Center, is both rustic and  
hi-tech, making uncommon use of the geometry of shapes and strengths of  
traditional building materials.



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# Mahima

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## ISHA INSTITUTE OF INNER SCIENCES

***“This is an attempt to create a space that will witness mystical dimensions that have never been witnessed in this part of the world.”***  
– SADHGURU



Consecrated by Sadhguru on November 7, 2008, Mahima is a 39,000 square-foot, free-spanning meditation hall – the largest of its kind in the western hemisphere. Mahima (meaning Grace)



is a potent sphere for self-transformation, the core of which is a powerful energy source that will be vibrant for nearly a thousand years.

Mahima was consecrated through an elaborate series of advanced alchemical processes using a variety of natural ingredients, certain subtle mantras (sounds) and a specially designed copper yantra.

Reverberating with gentle, fluid energies, Mahima facilitates the gradual movement of energy up the spine allowing those who sit inside to become meditative effortlessly. Mahima's energies also complement and enhance the energy imparted through the ancient Shambhavi Maha Mudra kriya, a simple daily practice offered through Isha Foundation's introductory Inner Engineering program.

For the first time in the West, spiritual seekers can experience the most exalted states of boundlessness and bliss that yogic science has to offer. The true, transformative power of yoga now has been seeded in North America for the benefit of many generations to come.

“There were a few moments where my whole self was forgotten. I was only the mantra, and it was saying me. Even in my experience [the consecration]

was inexplicable, just a mind – blowing thing.”  
– participant, Mahima consecration, Nov. 7, 2008

“The mantra tapped something ancient within me. Something from a completely different time. An undercurrent within me connected with something else that wasn't me anymore. It was a very powerful experience and feeling—really difficult to define – but something very real.”  
– participant, Mahima consecration, Nov. 7, 2008.



**Isha Institute  
of Inner-Sciences is  
set on 1200 forested acres  
of Tennessee's  
spectacular Cumberland  
Plateau.**

**IIIS is located 1 ½ hours  
southeast of Nashville  
and 3 hours northwest  
of Atlanta just outside  
McMinnville, TN.**





# Inner Engineering

Technologies for Inner Wellbeing

Devised by Sadhguru as an intensive introductory program for personal growth, Inner Engineering offers tools to re-engineer one's self through the inner science of yoga. Once given the tools to rejuvenate, people can optimize all aspects of their lives—physical, mental, emotional and spiritual. Through Inner Engineering, Sadhguru introduces to the public for the first time Shambhavi Maha Mudra, an ancient yogic kriya (inner energy process). Together, the Inner Engineering program and practice offer a complete path to peak wellbeing.

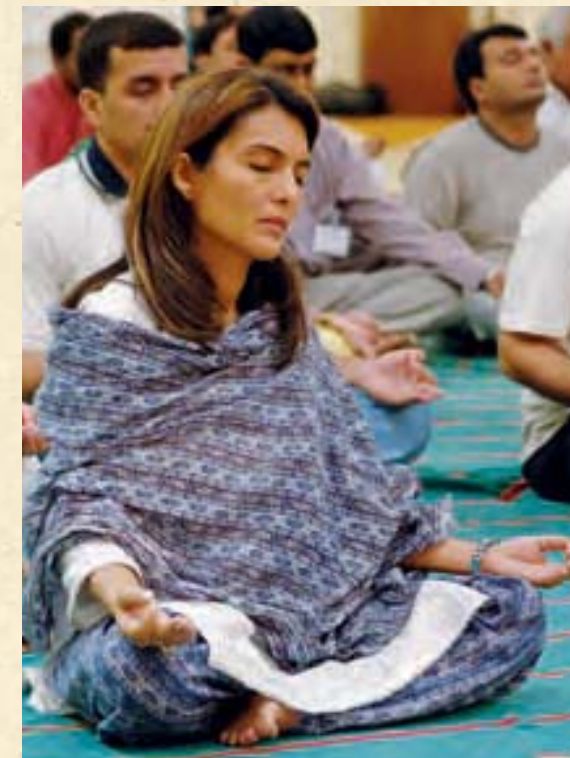
Participants of Inner Engineering programs often report revitalized health and a deep sense of wellbeing following the program.

Daily practitioners have shared experiences of greatly reduced stress and anxiety and an ever-increasing sense of joyfulness. Studies are currently underway to confirm and quantify these and other benefits of the Inner Engineering program and practices.



*"It doesn't matter who you are right now,  
how miserable you are right now,  
how disturbed you are right now.  
If you pay enough attention to your interiority,  
being blissful is a possibility  
for every human being."*

— SADHGURU



## Benefits from Inner Engineering include:

### Health

- Boosts health and vitality
- Reduces stress
- Promotes mental clarity and emotional balance
- Increases and maintains high energy levels throughout the day
- Reduces sleep quota
- Helps relieve chronic diseases like asthma, allergies, sinusitis, hypertension, diabetes, obesity, rheumatism, arthritis, epilepsy, back pain, skin and eye ailments, and migraines

### Performance

- Increases ability to handle stressful situations
- Enhances focus, concentration and memory
- Raises productivity and efficiency
- Improves communication & inter-human relationships
- Maintains optimum levels of performance throughout the day

### Experience

- Establishes a positive & open approach towards life
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- Generates inner peace and fulfillment
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- Live and experience each moment to the fullest



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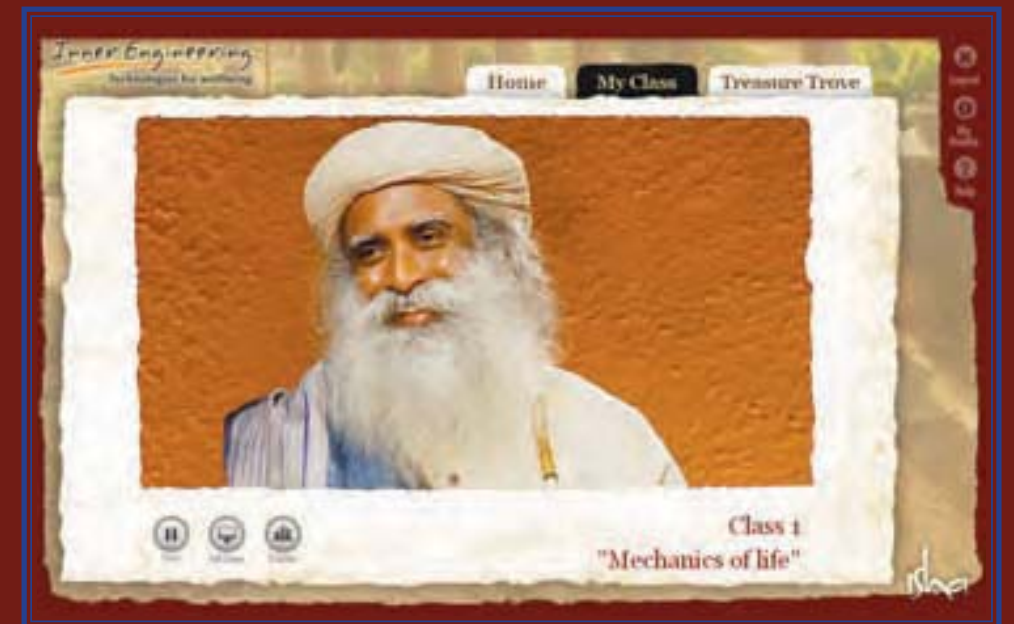
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## INNER ENGINEERING is now ONLINE!

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Sadhguru is a yogi, profound mystic and humanitarian. Sadhguru speaks at the world's most prominent international leadership forums to address issues as diverse as human rights, business values, social, environmental and existential.



*“As we have physical science to create external well being there is a whole inner dimension of science to create inner well being. I call it Inner Engineering.” – Sadhguru*

Inner Engineering Online

Inner Engineering Online is a practical approach for inner transformation in a fast paced world. The online course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy and productivity. It establishes a positive and open approach to life, improving mental clarity and the ability to handle stressful situations, generating inner peace and fulfillment. Interpersonal relationships are deepened, cultivating a greater sense of connectivity at home, work and in the community.

Inner Engineering Online is an ideal opportunity for those with time and travel constraints to experience the same profound effects of Isha programs, which have benefited millions of people over the past 25 years. Upon completion of the online course, one is eligible to attend a Shambhavi Maha Mudra Initiation Retreat which is offered regularly at Isha centers in the United States.

**To Learn more and SIGN-UP visit [www.InnerEngineering.com](http://www.InnerEngineering.com) or call 1-877-831-2705**



# VOLUNTEERING

***“How deeply you touch another life is how rich your life is.”***  
– SADHGURU

The whole process of yoga is just to give yourself, but most people may not know how to simply give themselves. You need some kind of means: your

money, food, something else. But whatever you have today, the things around you, even your own body—you borrowed everything from this earth. You can use it, you can enjoy it, but when you have to leave, you have to leave it and go. So nothing really belongs to you. Fundamentally, the only thing that you can really give is yourself. You could simply sit here, close your eyes and give yourself to the world. It is possible, but that level of awareness is not there in most human beings. They need action to give themselves towards something.

So volunteering is a tremendous possibility to offer yourself through your work. Normally, whatever little work you have to do, calculations are there: “How much should I do? Why should I do this? What will I get out of this?” With these calculations, all the beauty of doing is gone. With these calculations, the very process of life has become ugly. Most of the things that you are doing in your life are things that you have actually chosen to do. In spite of that, in day-to-day activity, there is so much struggle even with the simple activities that you are doing because you are unwilling to give yourself.



Whether it is your work, your marriage, your family or whatever, you started all these things willingly because you wanted them in your life. But then you

forgot why you started this, and now you are giving unwillingly and it has become a painful process.

Volunteering is not a way of extracting work. Volunteering is a simple way of demolishing your likes and dislikes and learning to involve yourself in everything indiscriminately. A volunteer means somebody who has no resistance. He has no feeling of what is right, what is wrong, what should be done, what should not be done. Whatever is told, he will simply do—he has become willingness. Everybody should become this, not just here, wherever you are.

Volunteering is a process of training yourself to become 100% willingness. Not just willing to do this or that; simply willing. You may think you are willing, but when you are put to test, you will see how many layers of resistance are there within you about everything in your life.

Volunteering is a way of obliterating all limitations within you, to become absolutely willing. No spiritual process will happen to any human being unless he becomes willing. The basic essence of a spiritual process is to become willing, to become a 100%

“yes” to life – not in a discriminatory way; just an absolute “yes” to life is being spiritual. Once you become an absolute “yes” to life then spirituality is not something that you have to look for somewhere; whatever you do is spiritual.

Wherever the mind goes, its simple basic calculation is, “What will I get out of it?” If you can just keep this one calculation aside, 90% of your spiritual work is over.

Why all the time we are pushing volunteering in Isha Foundation is because it is an opportunity involved in work, people can keep themselves aside. As they begin to realize the value of what they are doing, slowly who they are will just sit aside. If this happens then it is very simple.

The whole process of Isha Yoga is happening as a volunteering opportunity just to provide you with that necessary protected atmosphere where you can be 100% willing, and you will not be exploited. You can use this protected atmosphere to become willing so that that willingness can perpetuate into daily life also, and above all, into your very being.



***“Volunteering is a way of obliterating all limitations within you, to become absolutely willing. No spiritual process will happen to any human being unless he becomes willing.”***  
– SADHGURU



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## HATA YOGA

**Hata Yoga is a 2-day residential program offering Surya Namaskar (Sun Salutation) along with a series of asanas (yoga postures). Hata Yoga taught in Isha not only improves health and wellbeing, but also brings the necessary balance within oneself to experience higher levels of energy. Regular practice significantly enhances the experience of kriyas and meditation.**





# ISHA YOGA

## For Children

is a unique possibility for children to experience the joyful blossoming of their natural potential. This 5-day residential retreat offers yoga to children through an exploration of fun, love and joy, allowing each child to develop and live in optimal health and inner peace. The program includes an introduction to asanas and simple kriyas.



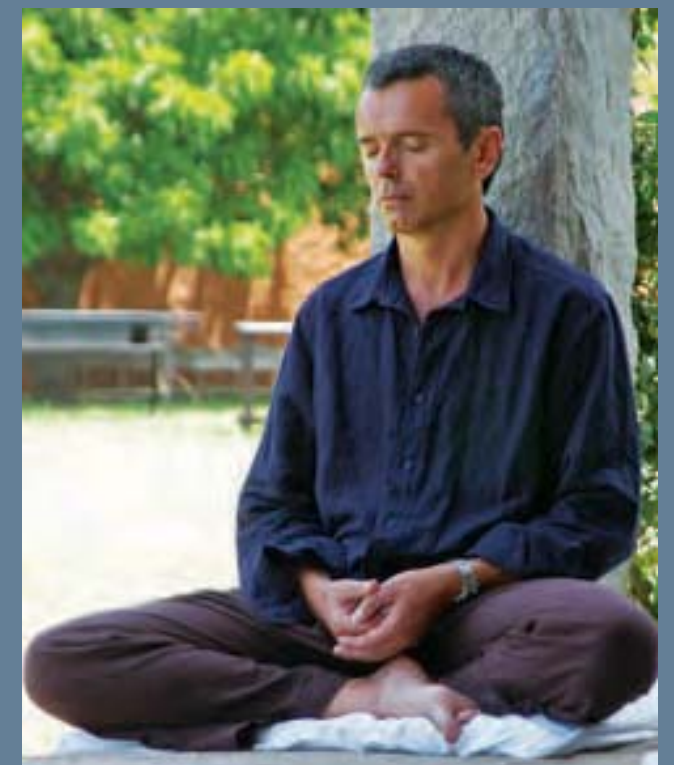
# BHAVA SPANDANA PROGRAM

Bhava Spandana Program (BSP) is a 4-day advanced meditation program. BSP is an opportunity to experience higher levels of consciousness beyond the limitations of body and mind. BSP offers the experience of a world of limitless love and joy. Participants must complete the Inner Engineering program to participate.



# SHOONYA MEDITATION

Shoonya Meditation is a complete path to inner wellbeing. This 4-day residential program combines Shakti Chalana Kriya with the powerful Shoonya meditation, an effortless process of conscious non-doing. The kriyas are powerful and purifying energy techniques utilized to encourage the flow of vital energy into the central energy channel, or sushumna nadi. Together, these practices stimulate the release of physical, mental and emotional blocks and activate the spontaneous expression of vital energy. Participants must complete the Inner Engineering program to participate.







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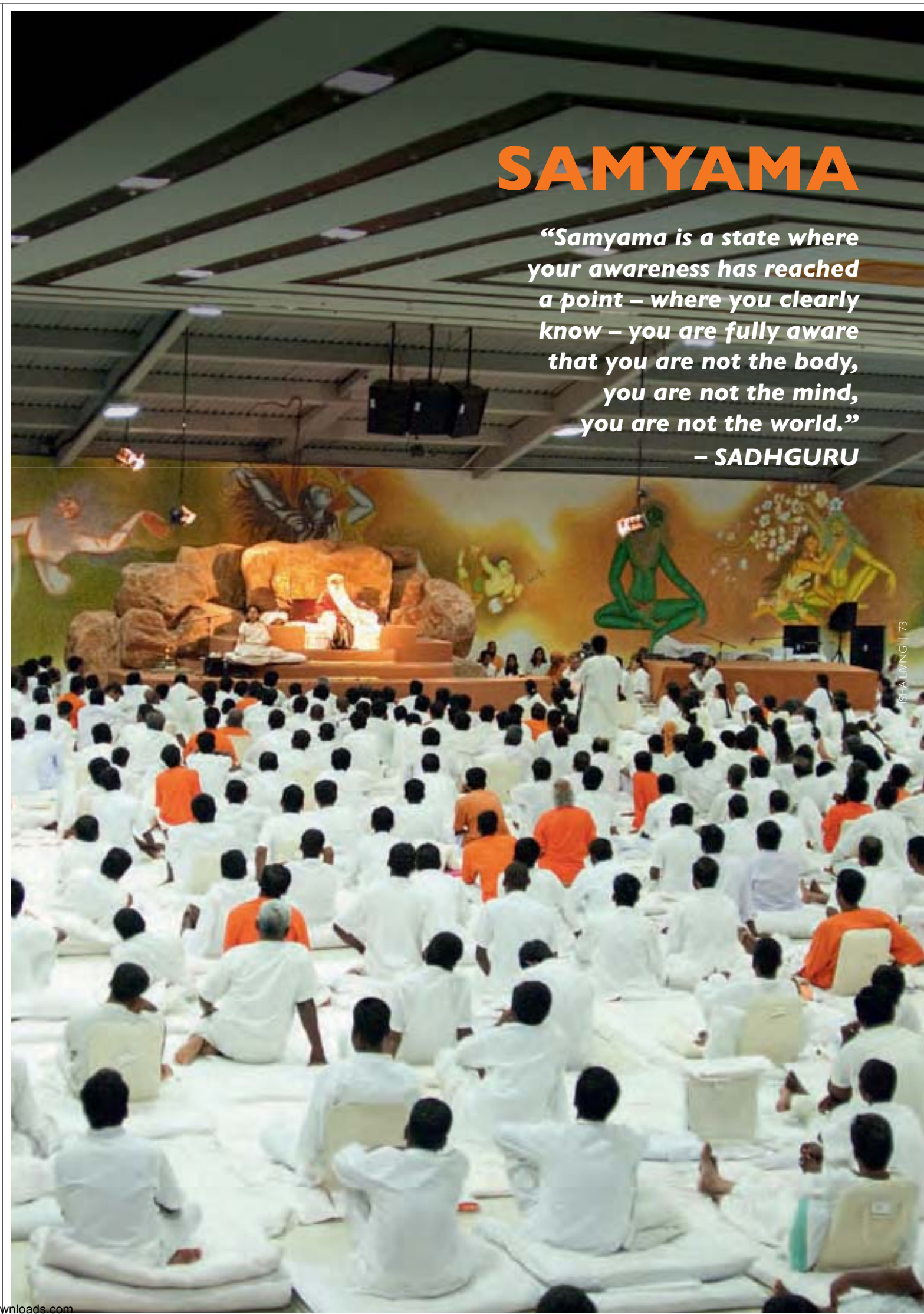
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# SAMYAMA

*"Samyama is a state where your awareness has reached a point – where you clearly know – you are fully aware that you are not the body, you are not the mind, you are not the world."*

– SADHGURU





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*The Official Isha Blog (coming soon)*

## LIVE EVENTS & WEBCASTS

Watch various eminent personalities in conversation with Sadhguru in our interactive live streaming series @ <http://MyConversationsWithTheMystic.com>

Witness Sadhguru's Sathsangs and Darshans live on the web @ <http://www.IshaFoundation.org/live>

Participate in Mahashivarathri & Yaksha through the internet @ <http://www.Yaksha.info>

## REGISTER ONLINE

Learn more about Isha Yoga Program schedule in your city and register online @ [IshaFoundation.org/Schedule/Isha-Yoga-Programs.isa](http://IshaFoundation.org/Schedule/Isha-Yoga-Programs.isa)

Enroll for our flagship “Inner Engineering online” program at **InnerEngineering.com**

## DONATE ONLINE

Make a Donation to Isha and its Social Outreach Projects @ <http://www.IshaFoundation.org/Donate>

## SHOP ONLINE

**IshaShoppe.com** (crafts, books, videos, clothes, photos, rudhraksha, etc)  
Isha Download Store - **IshaFoundation.org/IDS**  
(download sadhguru's videos and Sounds of Isha Music)







# ISHA Crafts

Isha Craft, a labor of love, is an offshoot of the project Action for Rural Rejuvenation. Its focus is on providing an expression to the natural creative instincts of rural people and restoring traditional means of earning a living. Started three years ago with a team of just two workers, Isha Craft has grown into a strong team of fifty highly skilled men and women from the villages surrounding Isha Yoga Center in Coimbatore, India, all producing eco-friendly quality craft products. The untapped, inherent creative manual art skills of these rural artisans have been skillfully mobilized by the Isha design team to create contemporary home decor, utility and fashion products.

Made from locally sourced, natural materials, the product range includes eco-friendly decorative baskets, all-purpose trays, lamps, mats and fashionable cotton and jute handbags. Each of these products confirms how natural, bio-degradable materials can be skillfully converted into attractive design products with a trendy ethnical appeal. Unique stone sculptures, urlis and metal crafts out of scrap are top picks for interior designers and home makers alike..

While Isha Craft primarily promotes its products via its Store in Ashram and Isha Yoga programs conducted at Isha Yoga Center, Coimbatore and other centers across the world, more recently, it has held exhibitions showcasing its products in major Indian metros. These have received wonderful reviews from both, professional designers and consumers, with the Isha Crafts stall winning the Best Stall Prize at the 2006 famed Society Interiors Arts and Crafts Exhibition in Chennai, India.

To meet the growing demand for its eco-friendly products, Isha Craft now plans to expand its production by further training rural people in over 2000 villages in Tamil Nadu, India where Isha Foundation is already active, through its social outreach program – Action for Rural Rejuvenation.

Now these products are available at Isha Life, a lifestyle concept store. This creative initiative brings the beauty of craft to our lives, and the hope of renewal to rural people. The proceeds from Isha Craft are channeled to the welfare of rural communities. Specifically, they fund the Isha Outreach Education Initiative- Isha Vidya in rural areas of south India.



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## ISHA REJUVENATION CENTER

*“Every human  
being aspires for  
health and wellbeing.  
True health fundamentally  
means to be in tune  
with nature; both the  
inner and outer.”*  
– SADHGURU

### Isha Rejuvenation Center

offers an array of programs and therapies synthesizing yogic, Ayurvedic and Siddha treatments for deep detoxification and treatment of certain chronic diseases. The programs offered here essentially activate a dynamic rejuvenation process, aimed at restoring vital life energies necessary for healthy living.

Designed by Sadhguru, these programs have an innovative and holistic approach, combining the best of various therapeutic systems (Ayurveda, Siddha, Naturopathy and Allopathy) with a solid emphasis on the ancient science of yoga.

### Ayur Rasayana & Ayur Rasayana Intensive

Spanning over three days and five days respectively, these programs are the perfect way to unwind. Meditation, massages, special packs

and invigorating walks into the surrounding forest and hills will bring a fresh vibrancy and a renewed harmony to your body and mind.

### Ayur Sampoorana

This seven-day program incorporates the Ayur Rasayana aspects but also offers a range of traditional Ayurvedic treatments in addition to yoga asanas, which stimulate the release of physical, mental and emotional blocks.

### Yoga Marga

This intensive 21-day program is based on Sadhguru's deep understanding of the human body and mind. Many have found immense benefit for chronic ailments, including gastritis, asthma, migraine, obesity, hypertension and diabetes, to name a few.





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# SOUNDS of Isha

Mystics have always used sound in ways far beyond the realm of mere entertainment – by breathing in an ethereal dimension into simple rustic sounds from life around to give us a taste of the beyond. A simple twang of the ektara often did what a thousand words could not do to touch people.

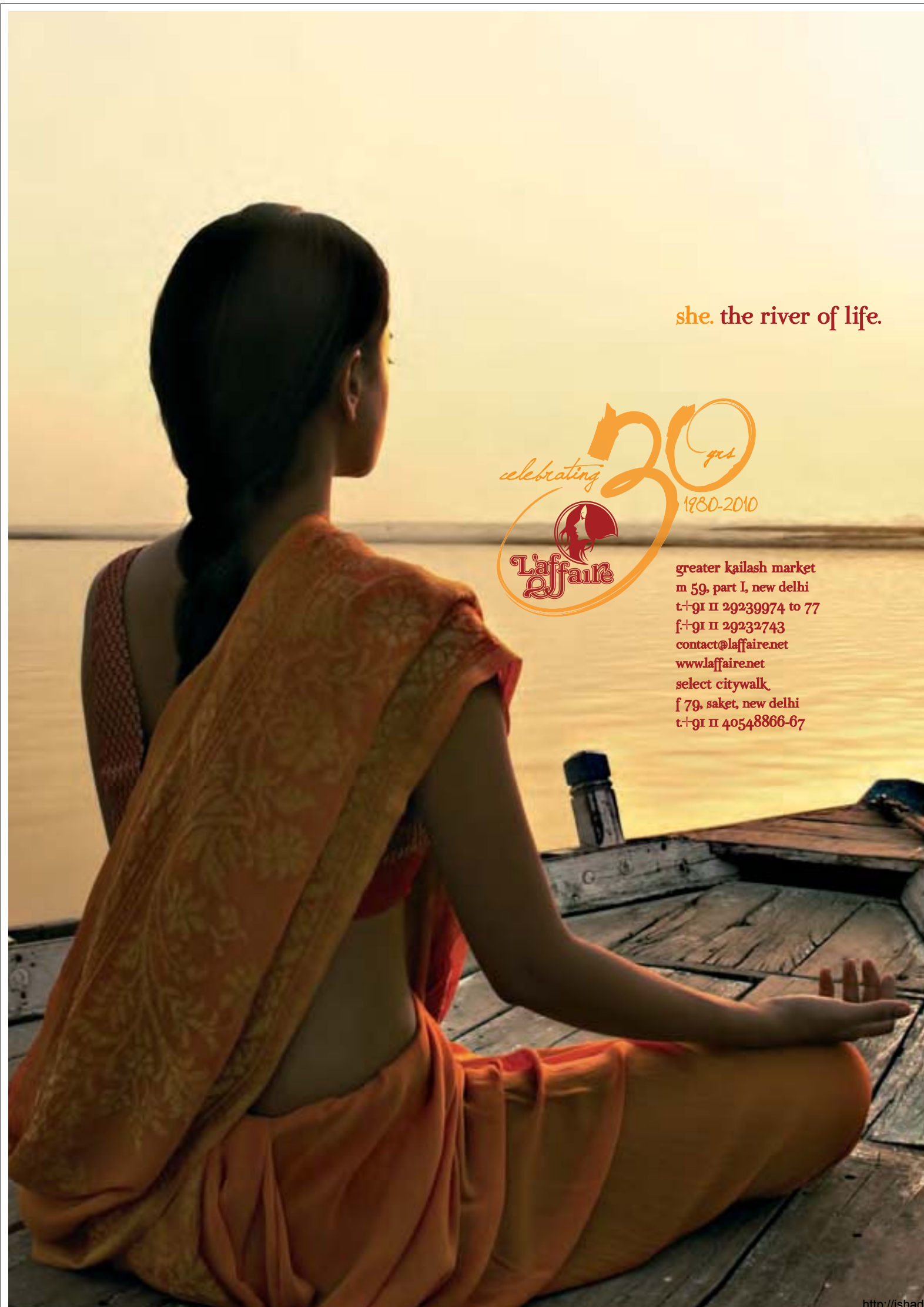
Sounds of Isha is Sadhguru's own home grown, anomalous group of 'musicians' – inspired by their deep yearning and sense of gratitude. Dabbling with and melting into their instruments, their work is a subtle fusion of the rich and diverse beings that they are. The group members are full-time volunteers with Isha Foundation, living a life of dedication and austerity; thus, their inspirational songs are usually created after a full day's activity, due to their passion and zest to share a different dimension of the foundation's work.

Coming a long way from their first performance six years ago, today, Sounds of Isha has several albums and a huge 'fan following' to its credit. Their melodies are a fusion of music from different parts of the world - traversing effortlessly and seamlessly across boundaries and cultures. Whilst the music of these songs sooth our minds and the melodies enthrall us, the true potential of the songs is in their capability to instill in us an element of the eternal silence that touches the core of the human being.

The music is a blend from many countries with no particular style. It is a subtle fusion of unique minds but united hearts, typifying Isha Yoga. Their performance is an offering of sound, an expression of the bliss, meditation and unbounded presence of the Guru.







she. the river of life.



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# ISHA HOME SCHOOL

***Education is about making the child grow with an uncluttered intelligence. An intelligence that is not identified and entangled in religion, doctrine, or prejudice will naturally lead to ultimate blossoming of the individual.” – Sadhguru***

## **An Overview**

Isha Home School was founded in 2005 by Sadhguru. Education as it is viewed and practiced in the school is an all-inclusive process aimed at enabling each child to reach his or her full potential while preserving the child's innate longing to learn and know life in all its dimensions. At present, the school comprises 225 students and nearly 50 staff members.

## **Curriculum and Evaluation:**

Isha Home School is a residential school affiliated to the Council for the Indian School Certificate Examinations (CISCE) for Class X (ICSE) and for Class XII (ISC) examinations. The school is divided into three sections: the Junior School, Middle School and Senior School. The school curriculum is specifically designed to include personalized teaching and





evaluation, and to cater to each student's specific needs and inclinations. The Junior School and Middle School are not separated into grades or standards. This demarcation is made only in Senior School. Until then, students are vertically grouped, wherein students of various ages are together in the classroom setting. The multi-age environment allows students to go beyond predefined age-specific syllabi and enhances their learning aptitudes and abilities. Qualitative assessments of progress are regularly carried out, and these are discussed with the students and shared with the parents. Whilst maintaining this well-rounded approach, the school prepares the student to appear for the board examinations at an appropriate age.



### Co-Curricular Activities:

Co-curricular activities are an essential component of the educational process. The students have a wide range of options to choose from, and they pursue specific activities under the guidance of



teachers and visiting experts. Fine arts (painting, sculpture, pottery, embroidery) and performing arts (music, dance, drama) are available to students. Hindustani, Western music, and Bharatnatyam are options for specialization at the ICSE level.

Emphasis is given to physical disciplines. Students participate in daily morning jogging, and in athletics and evening team games, such as cricket, football, volleyball, and throw ball. Also offered is Kalaripayattu, an ancient Indian martial art form. Daily practice of yoga, which includes suryanamaskar, asanas, and pranayam, helps to develop the students' physical and mental health.

Spending time in nature and connecting to the soil is a mainstay of the school. Trekking, gardening and agriculture are interwoven throughout the curriculum. Students participate in community development, environmental and ecological programs within the school, in the surrounding community, and in larger initiatives of the Isha Foundation.



### Why do we call it “Home School?”

The “home school” vision is that there should be no distinction between home and school. In both the Junior School and Middle School, the classrooms are in the residential houses, and children of a vertical age group learn and live together under the care of “house parents,” who are also their teachers.

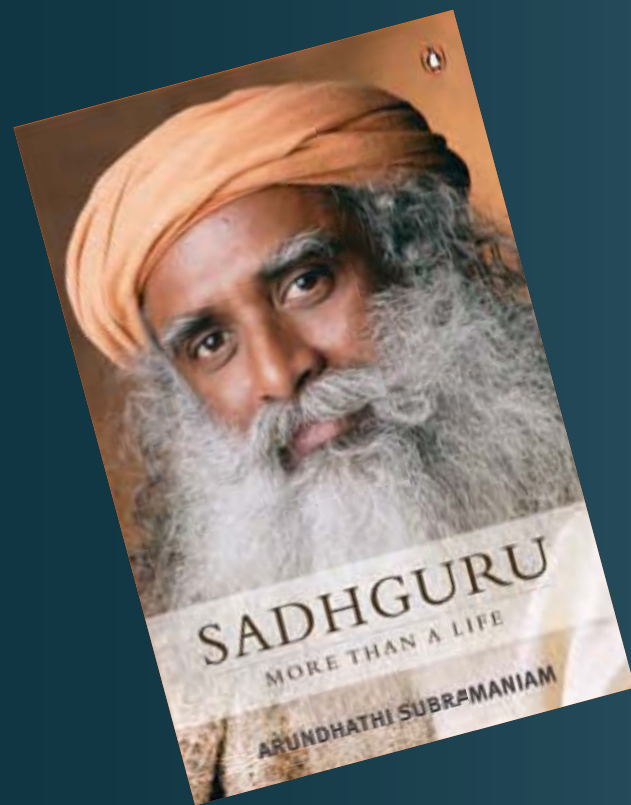
The most significant aspect of the school is that it is run by a committed band of highly educated individuals who are not in pursuit of a profession, but in pursuit of their passion to teach. The majority of teachers are volunteers who are dedicated to realizing Sadhguru's vision of education. Their love and dedication toward each child translates into a highly inspired and joyful atmosphere for the children.

### The Educational Approach

The Home School's educational approach is best expressed in Sadhguru's words: “At the Home School, we are striving to create the necessary platform where education is not about loading the child's mind with information, but about making the child's mind capable of razor sharp perception, capable of knowing life in its full depth and dimension. Education is about expanding the horizons of human experience and becoming inclusive. Only in a state of inclusiveness can the empowerment of education become a bounty all of us may cherish.” – SADHGURU





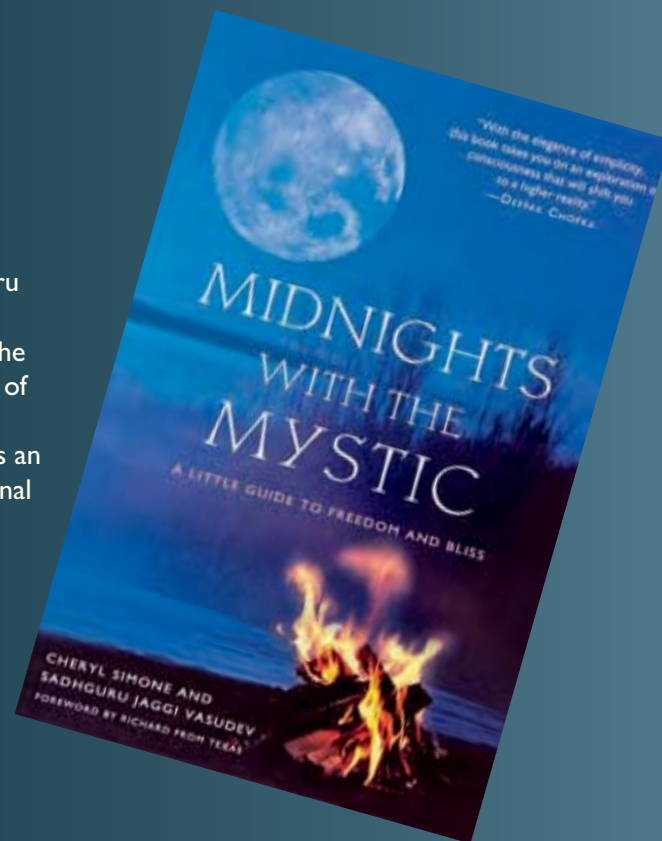


### Sadhguru: More Than a Life

This is the extraordinary story of Sadhguru—a young agnostic who turned yogi, a wild motorcyclist who turned mystic, a sceptic who turned spiritual guide. Pulsating with his razor-sharp intelligence, bracing wit and modern-day vocabulary, the book empowers you to explore your spiritual self and could well change your life.

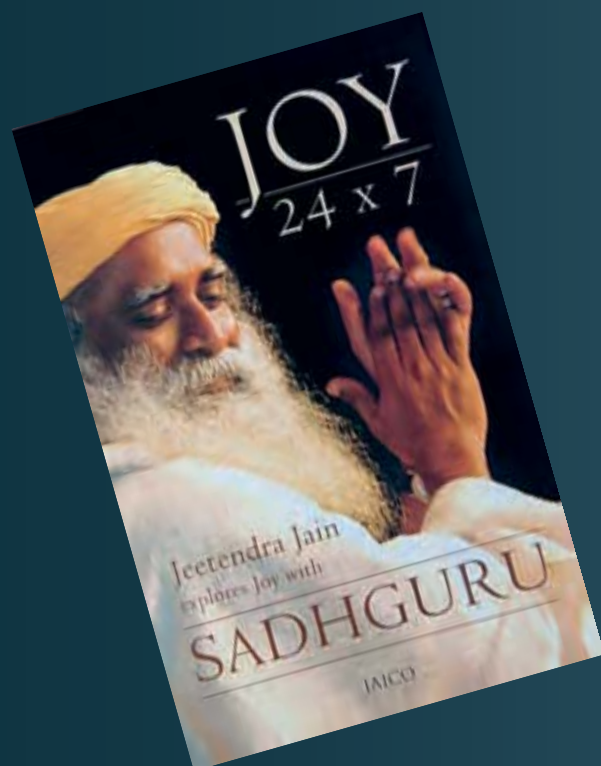
### Midnights with the Mystic

Constructed around a series of late night conversations around a camp fire between Cheryl Simone and Sadhguru Vasudev on an island in the middle of a Western North Carolina lake near her mountain home, *Midnights with the Mystic* is the most thorough exposition of the teachings of India's most sought after mystic. Concrete and down-to-earth, the book provides readers an introduction to profound spiritual teachings and a personal glimpse of a charismatic guru.

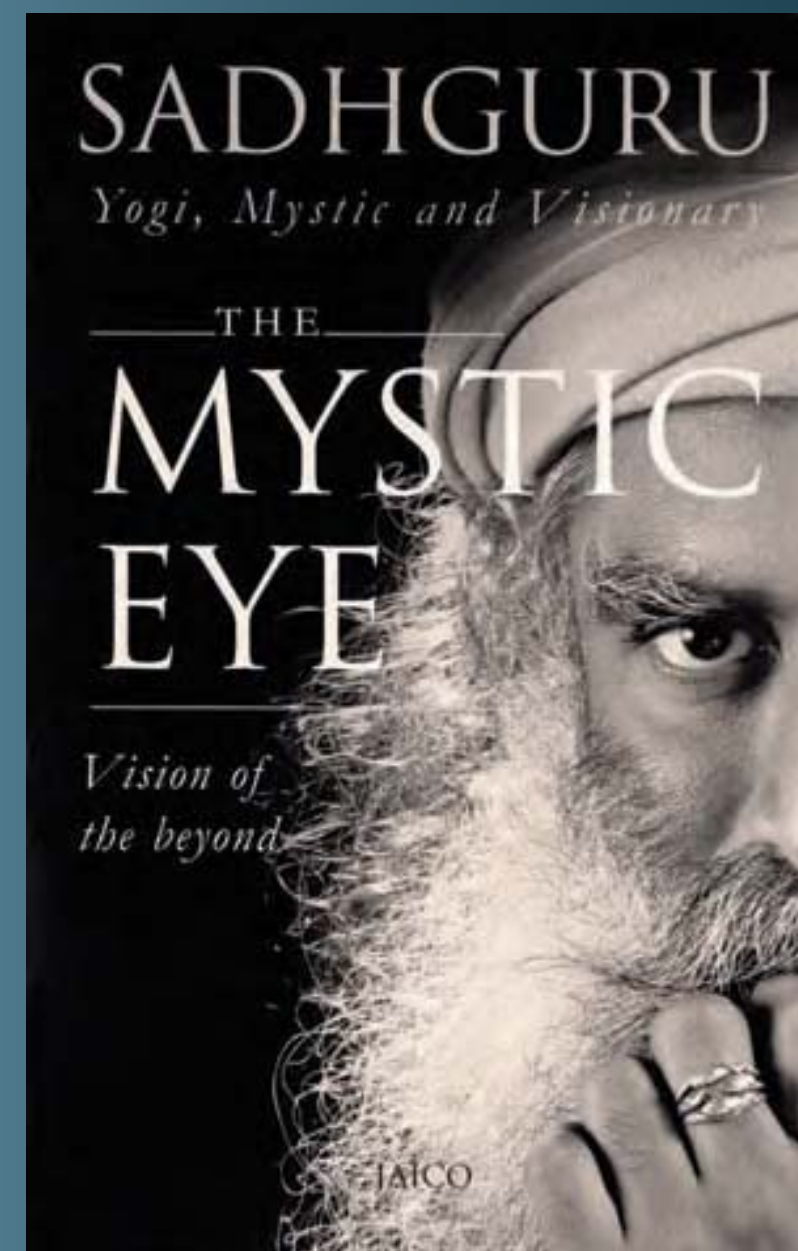


### Joy 24x7

*Joy 24x7* is a very simple but unusual exploration of Joy. There is no religion in this book. There are no rituals prescribed here. There is no deep meditation being described here and neither is there any mention to any spiritual practice. But it will surely make you explore your Joy for yourself in a very direct way. No matter who you are, what you are trying to do, Sadhguru's words will touch a wonderful wave of Joy inside you and you will soon be restless to seek Joy 24x7.



## BOOKS



### Mystic Eye

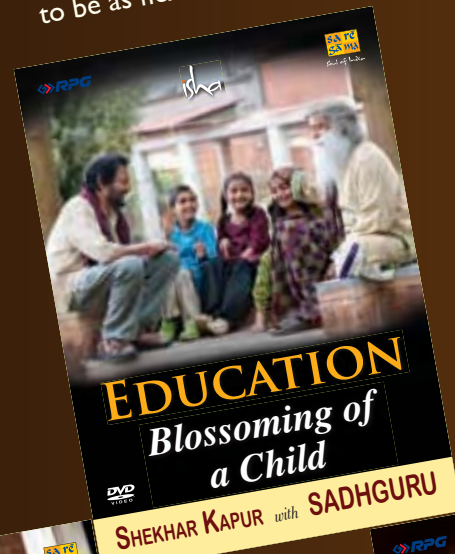
This is a book for the thirsty. And emphatically not a book for the faint-hearted. In a series of far-reaching exploratory conversations, Sadhguru touches on every conceivable question that a seeker might nurse about the realm of the mystical.

Sadhguru answers questions on enlightenment, liberation, death, God and the afterlife and also those we are hesitant to ask: about spirits, disembodied beings, black magic, possession and the occult.

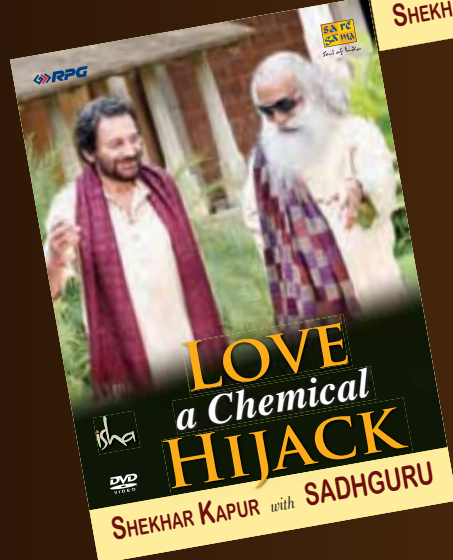
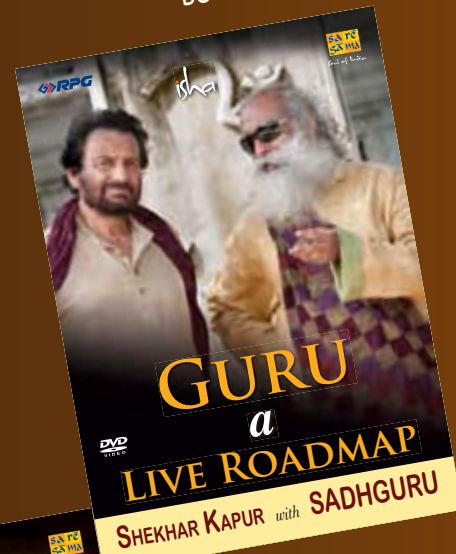


### Education and Child Blossoming

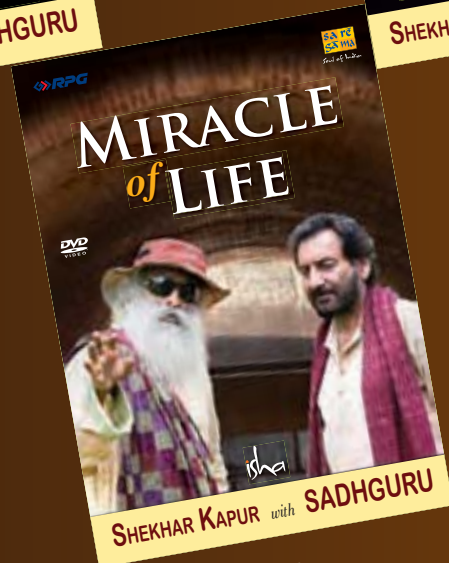
– ‘Education – Blossoming of a Child,’ Sadhguru talks about how competition is the driving force behind education today rather than being a means to enlarge the horizons of human perception. Knowledge is not a problem but being identified with something is hugely limiting. An adult needs to be as flexible as a child is.



**Guru a Live Roadmap**  
– In this volume, Sadhguru converses about the concept of a Guru, on devotion and the all-inclusiveness of existence. He explains that yoga is about enhancing our faculties of perception to transform the way we experience the world. He also dwells on the masculine and feminine dimensions of life without which there can be no existence.

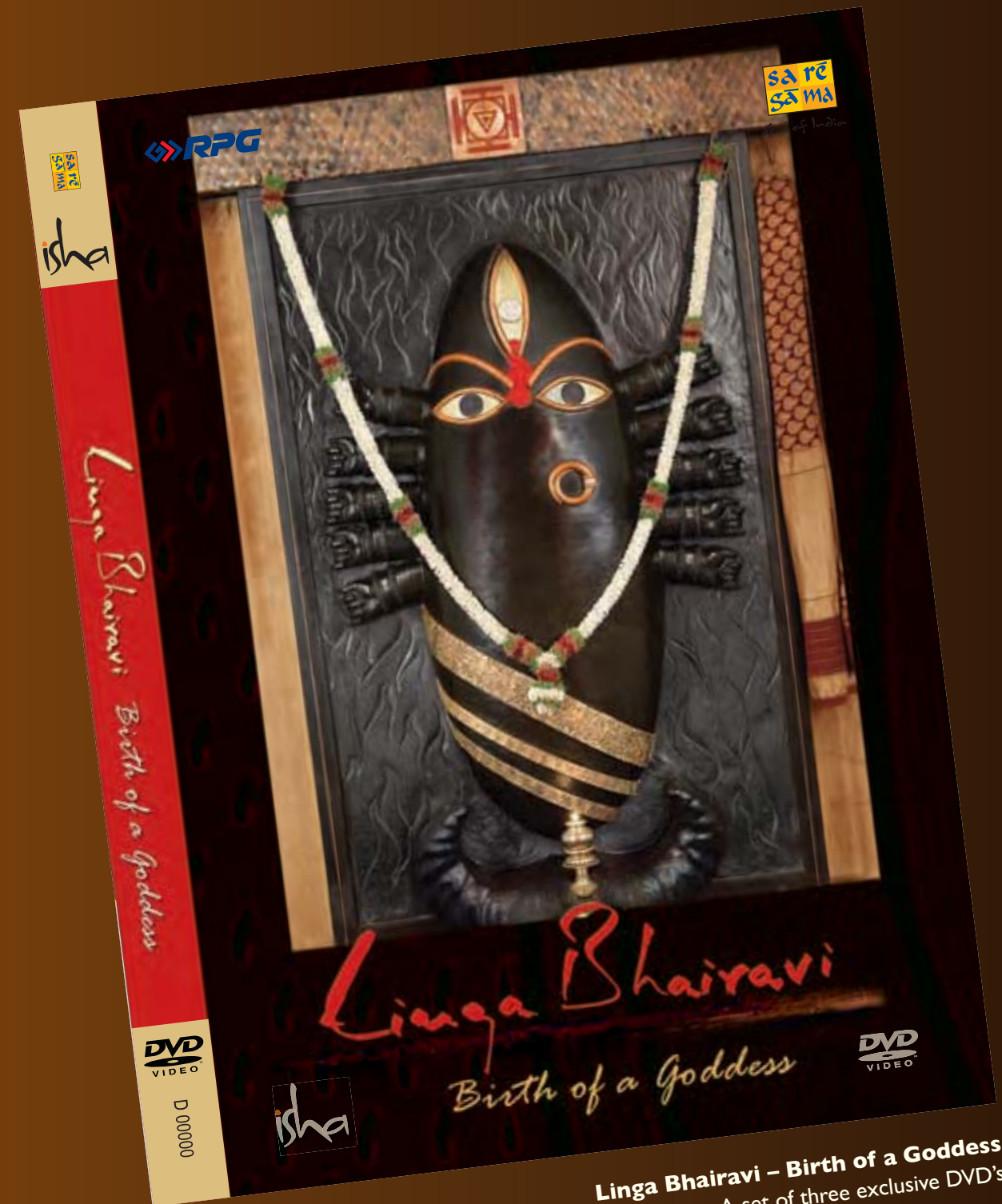


**Love – A Chemical Hijack,**  
Sadhguru explores the different dimensions of love – from the love between a man and woman which he contends is chemically supported by nature to perpetuate herself, to being in a state of awareness to create a sweetness of mind, body, emotion and energy to become naturally loving.



**Miracle Of Life**  
– There is something within each of us that can transform a rice grain or a banana into a human being. This is the ultimate source of creation. In ‘Miracle of Life,’ Sadhguru discusses that which is the basis not only of our individual lives but of all that is in existence.

## VIDEOS



**Linga Bhairavi – Birth of a Goddess**  
A set of three exclusive DVD's

Available on Saregama and Isha shoppe.com



*"Trees and humans are in an intimate relationship.  
What they exhale, we inhale, what we exhale they inhale. This is a constant  
relationship that nobody can afford to break or live without."  
— SADHGURU*



**Project GreenHands (PGH)** is an environmental revolution of an inspired public that is designed to be replicable throughout the world. The project aims to increase the green cover of an entire state, Tamil Nadu, India—an area the size of Louisiana—whose land and vegetation supports a state population of over 62 million people. That's nearly two times the population of the entire state of California!

Over 10 million trees have already been planted by the hands of over one million people in the three years since the project's inception in 2005, and the

public momentum behind the project continues to rapidly increase. Project GreenHands aims to plant a total of 114 million trees in Tamil Nadu, increasing the green cover to 33% within 10 years.

### **Healing the Impact of Global Warming by Planting Trees.**

There are two sides to the carbon equation: emissions and sequestration, i.e. releasing carbon dioxide into the atmosphere through the burning of fossil fuels, and then removing it from the atmosphere by anchoring it into growing forests or soil that act as carbon sinks. Local carbon is global carbon, and fast growing trees in tropical areas are one of the best planetary solutions to reduce carbon gases.

The rate of carbon sequestration through large-scale reforestation in tropical countries, such as southern India, will be dramatically greater than in countries with temperate climates. India's climate and lengthy growing seasons enable saplings to grow between 5 – 10 feet per year.



### **Reducing Deforestation**


The combined effect of commercial farming methods, industrial growth and the use of trees to meet the fuel and housing needs of a growing population threatens remaining tree cover. Poverty caused by commercial agriculture is a prime driving force of continued deforestation. Project GreenHands is a means for awakening people to the reality of human and environmental suffering caused by industrialized agriculture. It is a profound tool for immediate, logical action that can be taken en masse at the grass roots level to avoid soil erosion, desertification and, eventually, widespread famine.

### **Healing the Land through Agro-Forestry**

Project GreenHands has adopted the "Agro-Forestry" model of planting, where entire villages are converted into "plantation zones." Agro-Forestry is a rational land use system that increases total yield by combining agricultural crops (food producing annuals) with trees (perennials) and/or with animal husbandry, on the same land in synergy. The combination can branch out over time while still respecting the ecological conditions and socio-economic situations of local populations. It is also a means of restoring and maintaining the soil fertility.

The overall PGH Agro-Forestry plan is for a tropical poly-culture (varied species) model that duplicates the normal structure of tropical forests. Extensive education through audio/video equipment is given to the farmers and self-help groups regarding the adoption of an agro-forestry model that is tailored to the local needs and requirements of each farmer and village, which enables them to heal their soil, supplement their diets, and once their basic needs are covered, sell their excess and raise their incomes.





**Partnering for Global Change**  
There are three primary resources needed to take **Project GreenHands** to scale: people, land and money. Isha Foundation has been serving the people of rural Tamil Nadu for 25 years and has unparalleled access to vast numbers of people who are willing to volunteer, making for a time-efficient and cost-efficient model. Similarly, there is ample farmland, private industrial land or school grounds with which to partner and plant trees. All that is needed is more funding to put them to use. Sponsorship of PGH is sponsorship of a global pilot of huge environmental and social significance. Some corporations have already joined in our efforts:

#### **Corporate Sponsors**

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Give2Asia, United States  
Charities Aid Foundation (CAF) India  
DATO Low Tuck Kwong, Indonesia  
All Indian Overseas Bank Employees Union

#### **Achievements:**

In 2006, PGH set a Guinness World Record for planting the highest number of trees in a single day.

In 2010, PGH was awarded the highest environmental award in India; The Indira Gandhi Paryavaran Puraskar by the Ministry of Environment and Forests, Central Government. The award was presented by the former President of India, Dr. A.P.J. Abdul Kalam

On 30th September 2010 PGH was awarded the "Sport for the Environment" award at the Beyond Sports summit in Chicago.

In 5 years, PGH has enabled over one million people to grow and plant ten million trees throughout 1,800 communities of Tamil Nadu

**Make your hands, GreenHands!**  
If you have time and talent you can help in generating awareness about **Project GreenHands**. You can donate or give **A Gift of Trees** in honor of your loved ones. The cost for planting is, \$0.50 per sapling; \$1.00 per tree (The cost of planting one tree is 50 to 100 times less than it costs in the United States or the United Kingdom.)

**For more information visit**  
**[www.projectgreenhands.org](http://www.projectgreenhands.org)** or  
contact **[info@projectgreenhands.org](mailto:info@projectgreenhands.org)**





# ISHA VIDHYA

*Educating Rural India*

**“The basic purpose of life and the basic purpose of education is to enhance one’s boundaries of perception. I don’t want the children to just survive after ten years of schooling here. They must blossom and flower wherever they go.”**  
– SADHGURU



Next to the Isha Yoga Center at the base of the Velliangiri foothills lies the tribal village of Thanikandi. With a tamarind tree standing as social center, central court and post office, the barest of amenities is a luxury. All community activities happen around the tree; the activity glaringly absent was education. The only school in the near vicinity was located in a rudimentary shed more typically used as a shelter from the elements than a classroom. To reach the school, the teacher had to hike almost 2 miles over rugged terrain frequented by elephants and other wild animals. As a result, she rarely made it, and the prospect of school faded into the backdrop. The children spent their time playing in the forests and engaged in income-generating activities to supplement their families’ meager earnings.

When Isha Foundation adopted the village, its top priority was establishing a school for basic learning. Creating employment opportunities for the adults ensured essential needs were met, freeing the children from the necessity of working. Providing the children with proper food, clothing, and shoes further earned the confidence of the parents. With these basics in place, Isha Foundation recruited a passionate teacher and set up simple classrooms. This grew into a distinctive school with good infrastructure which caters to children from over 20 neighboring villages. Thus, informally, Isha Vidhya was born, with the broad objective of bringing quality education to the often neglected rural areas. Following that, the same process was carried forth in six other rural schools all over Tamil Nadu. Lack of education is the greatest obstacle



preventing India’s rural populations from escaping the vicious cycle of poverty and joining in the country’s economic growth.

For most rural children, education means run-down facilities and teacher absenteeism. While learning local languages is essential, education without English proficiency limits career opportunities of graduates to the narrow boundaries of their native locality. After completing 14 years of schooling, the majority of students lack basic skills and are unable to find suitable employment or pursue higher education. Isha Vidhya aims to transform the lives of rural children by providing affordable, high-quality education. With its scalable and easily replicable model, Isha Vidhya plans to establish schools in villages across Tamil Nadu - one school for each of Tamil Nadu’s 207 districts by 2014. Once established and thriving throughout this southern state, Isha Vidhya Schools will be opened in other regions of India.

The Isha Vidhya methodology focuses on the delivery of English-based education, while accommodating for the limited resources, finances, teacher experience, and parental support available in rural schools. Computer-based classes are woven into the curriculum to support the capacities

of the rural teachers. Teachers also receive ongoing training and guidance in the Isha Vidhya methodology.

## Beyond Academics

School is not just about learning the basics – reading, writing and arithmetic – or even about passing an examination; but rather, education means nurturing the wellbeing of children on all levels – academically, physically and mentally.

### Nutrition, Hygiene, and Health

Educating the mind is possible only when the basic needs of the body are met. Isha Vidhya students receive protein-rich snacks composed of peanuts, lentils or sesame on a regular basis. The protein in these nutritional snacks is critical for ensuring the children’s proper physical and mental development. The schools hold annual medical camps to check vision, hearing, nutritional intake and other health parameters of the students.

### Extracurricular Learning

Isha Vidhya schools enhance the academic curriculum with a wide range of extra-curricular activities, events and competitions. Students explore their talents and interests in classes such as arts and crafts, physical education, nature and library. Students push their limits and display their prowess in writing, public speaking, running, and sports competitions.

### Cultural Education

With its diverse cultural and religious background, the key to communal harmony in rural India is respect and appreciation for others. To preserve cultural traditions and values, students celebrate key religious and cultural festivals from a variety of regions and religions.

### Family and Community Development

Involvement of the local community plays an integral role in the success of the schools. Before a school is even built, local volunteers help in identifying a suitable location, securing land donations, acquiring grant money for construction, and mobilizing community support for the project.







## FACTS ABOUT Isha Vidhya

- Provides affordable, high-quality education to children in rural areas
- Takes education beyond literacy and rudimentary skills
- Creates confident, English-speaking, computer-skilled youth
- Focuses on education of girls, lower caste children and other marginalized groups
- Recognizes and celebrates the identity, culture and tradition of rural communities
- Empowers rural children to participate in national and global affairs

“Situating in a peaceful and pleasant atmosphere, the school is surrounded by green fields and coconut groves. The rural children are given the best opportunity to learn the languages and subjects through computers. The computer facilities provided to our children are on par with the engineering colleges. I have no words to express my gratitude to Sadhguru for this boon to our villages. The children have a very good opportunity to develop their talents in various fields. They are always jumping with joy! I feel very happy to be amongst them. Nearly 50% of the rural children are given scholarship at our school. This is a very unique feature of Isha alone, as we have never

heard about this in any other matriculation school. We celebrate all the national and cultural festivals of India so that the children may understand our heritage. The children participate in literary activities to reveal their capacity in spoken English. We conduct exhibitions to show their skills in arts, crafts and science. They are free to approach their teachers and principal at anytime for anything. They are fed with nutritious health supplements, hence simultaneous development of their body and mind are taken care of. I am blessed to be a small part of this learning process.”

**V. Padmini, Isha Vidhya School Ex-Principal**



## Isha Vidhya Scholarship Program

**Isha Vidhya provides high quality education at very low costs. However, even minimal fees are unaffordable for many rural families. Most students' parents work in temporary jobs as laborers, dhobis (cleaning laundry by hand), barbers, carpenters, field workers, construction workers, tea shop owners, and street vendors. Income from these jobs is inconsistent, varying based on the season and demand for employment, and often insufficient for meeting basic household and dietary requirements.**

**The reality of this situation necessitated the development of a scholarship program. Isha Vidhya scholarships are entirely need-based and cover tuition, books, notebooks and protein-enriched nutritional health supplements.**

**The scholarships create a truly life-changing opportunity for rural children.**



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***Change the fate  
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*Sponsor a child's education  
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Scholarship includes tuition, study materials,  
books and a daily nutritional health supplement.

Isha Vidhya requests that donors sponsor  
a child for all 12 school years, from Class 1  
to Class 12. Donors will receive photos and  
regular updates of their sponsored children  
so they can participate in their progress.  
Scholarship checks can be made for all the  
12 years or on a yearly basis.

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# Action for Rural REJUVENATION

"This project is not just aimed at improving the economic conditions of people... It is a way of inspiring a human being to stand up for himself, to raise the human spirit." – SADHGURU



The perception of rural India as a quaint, peaceful heaven where people live simple, happy communal lives no longer reflects reality. Over 70% of Indians live in rural areas, and for them, life has become a living tale of hopeless socio-economic situations, prevalent with disease, apathy, isolation and despair.

The **Action for Rural Rejuvenation (ARR)** initiative is a comprehensive rural rehabilitation program that provides ongoing services to restore physical and inner wellbeing and rebuild communities. Dedicated people from all walks of life are putting into place this project for thousands of villages in Tamil Nadu, parts of Karnataka and Pondicherry.

## Bringing quality health care to rural communities

- The powerful emblems of ARR's field work are its Mobile Health Clinics (MHCs).

Specially designed and equipped to access deprived populations, they offer free primary and minor emergency care on a bi-monthly basis.

- Each MHC team, consisting of a doctor, paramedical assistant, pharmacist and driver, provides free examinations and medicines, and refers patients to partnering local hospitals for advanced care. Since 2003, over three million beneficiaries have received MHC care. Additionally, ARR has opened four Isha Rural Health Clinics (IRHC), each equipped with a lab, a pharmacy and facilities for minor surgery in order to provide primary, antenatal, pediatric, geriatric and emergency care.
- Full-time volunteer physicians and community volunteers have treated 192,320 patients since 2007.

## Joining the fight against HIV / AIDS

- Compassionate to a growing population of those suffering with HIV/AIDS, Isha has opened a Community Care Center (CCC) in collaboration with the Tamil Nadu State AIDS Control Society to provide treatment, yoga and psychological care for people affected by HIV/AIDS.
- Isha has also launched the "Link Worker Scheme" of National AIDS Control Organization (NACO), AIDS Prevention and Control Project (APAC-VHS).



- With over 100 villages identified as at risk, Isha provides information and distribution of free condoms to the population to prevent the further spread of the virus.

## Arokiya Alai – A Wave of Health

- Social and economic factors are rapidly shifting the health and illness profiles of rural and slum population of India.
- Musculoskeletal disease and respiratory infections alone represent more than 60% of health problems in villages, while malnutrition remains extremely prevalent; statistics show that one out of three malnourished children in the world live in India.
- To combat malnutrition, and the chronic diseases that it inevitably produces, Action for Rural Rejuvenation introduced "**Arokiya Alai**" (Wave of Health), a grassroots public health awareness campaign that aims to raise public awareness about how to remedy it.
- The project has already reached 291,530 people.

## Bringing yoga, games and festivals back to rural life

- ARR inspires rural communities to take ownership of their life situations through Isha Yoga programs and sports which have a transforming and healing effect on people. Thanks to community games, the cohesion amongst villagers has been rekindled and the spirit of the community has been reinforced.
- It has led to reduction of alcohol and smoking addictions and creation of social



bonding beyond caste, creed, religion or economic status.

- Sport is celebrated through district tournaments culminating in a grand finale that has been named The "Rural Olympics," which attracts hundreds of thousands of rural men's and women's teams and supporters every year.
- To bring back the ancient celebrations of Indian culture, Isha is reviving major festivals such as Pongal (the annual harvest festival, incorporating games and music) and Diwali, the festival of lights.

## Reviving the indigenous medical knowledge

- AYUSH – Isha Organic Health Systems is a pilot project launched in 2010 to revive these traditional indigenous medical systems.
- This project is being supported by the Ministry of Health and Family Welfare of the Government of India. It is located in the vicinity of the tribal populace of the Kolli Hills, as this area is well renowned for its quality herbal gardens.





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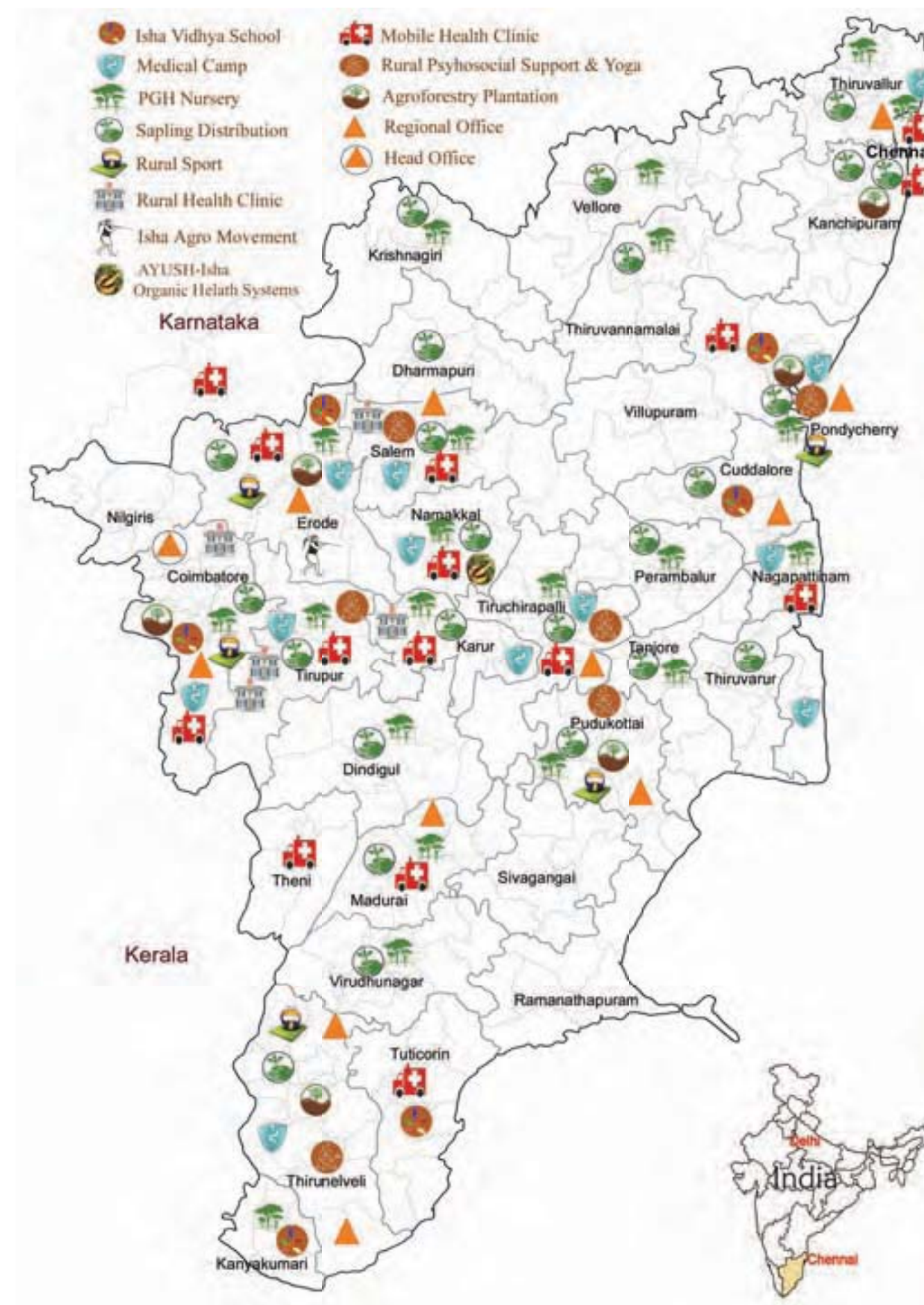


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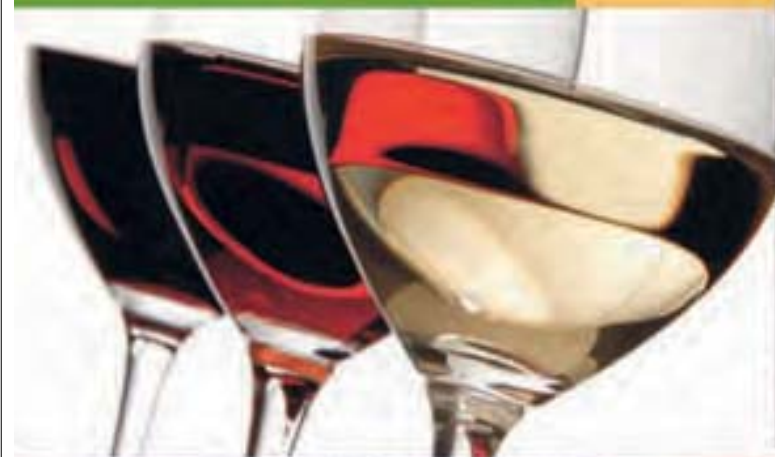


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## Dhyan Yatra

The Himalayas, venerated as the abode of the Enlightened, have been a destination of great significance for spiritual seekers across the world. Many spiritual Masters have illuminated these mountains with their energies. Sadhguru has always felt a deep affinity for these sacred mountains.

As an endeavor to share this mystical connection, with the grace and guidance of Sadhguru, Isha Foundation organizes Dhyan Yatra(s) through the Himalayas every year.

Dhyan Yatra presents an excellent opportunity to soak in the sacred energies of these enchanting and majestic mountains.

It comprises of two weeks of walks, treks and camping in some of the most idyllic and powerful places in the Garhwal region of Indian Himalayas.

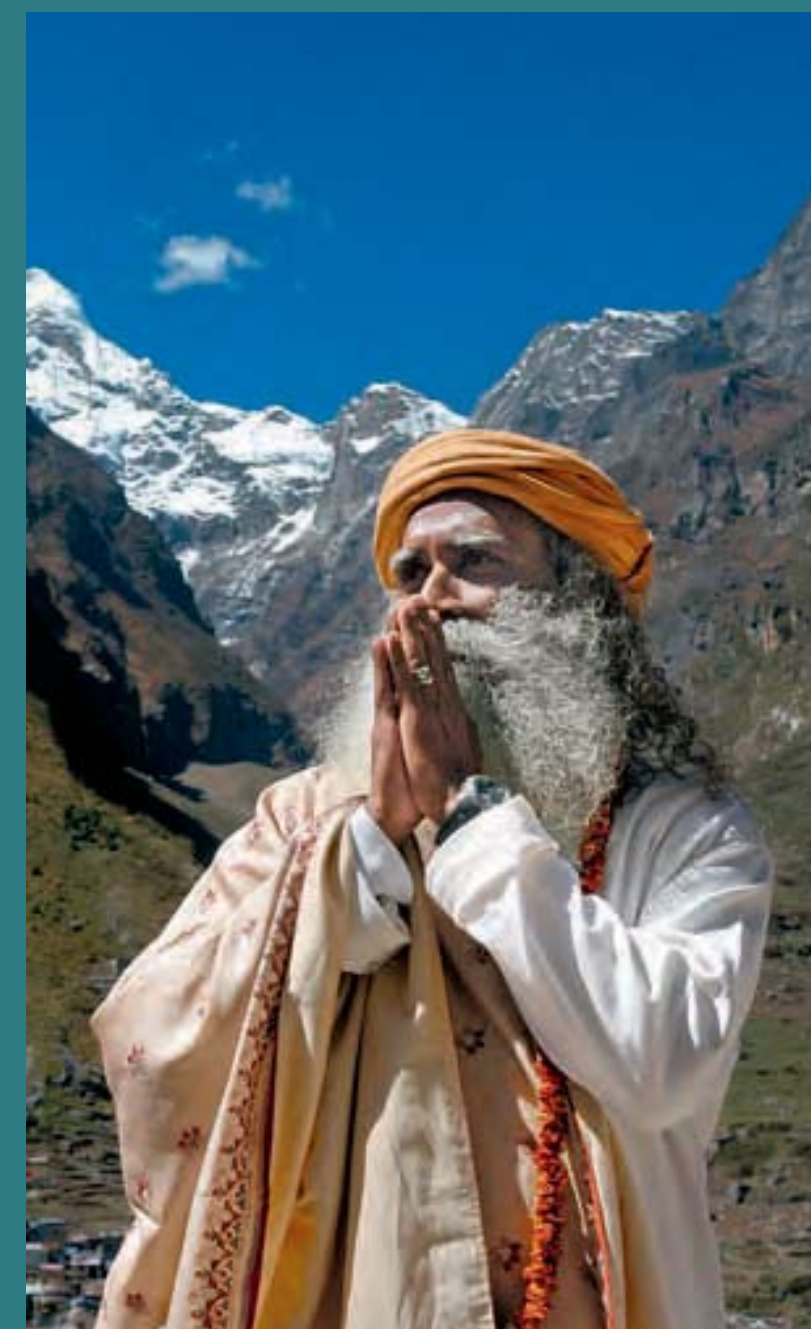
Upon arrival in New Delhi, participants are assigned to their buses and the journey to the mountains begins.

The incredible vistas unfold as the buses traverse the narrow mountain roads, gushing streams, terraced farming and villages precariously perched along the mountainsides. Dhyan Yatra includes visits to the sacred sites of: Gomukh, the glacier origin of the river Ganga; Kedarnath, a site of immense importance for spiritual seekers holding one of the twelve Jyotirlingas;

Badrinath, a significant site for Vishnu devotees, also known for its natural hot springs; and Haridwar, the gateway to the mystical Himalayas.

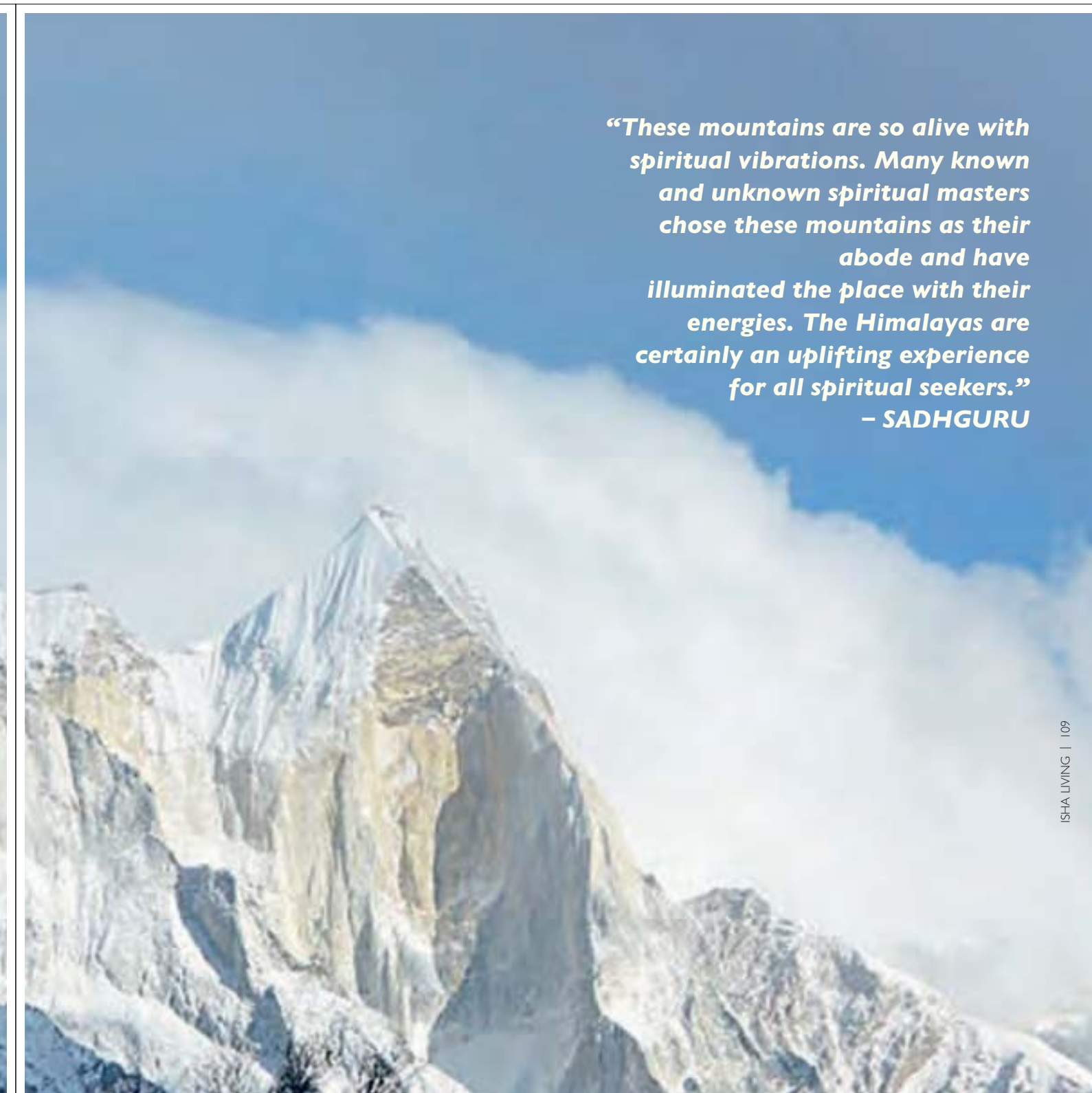
Sathsangs take place as the trip unfolds with some of the earth's most incredible landscapes—snow clad mountains and green valleys serving as the backdrop.

Powerful meditations and processes allow one to experience higher states of consciousness and feel the impact it has on the delicate relationship of body, mind and energy—ultimately aimed at evoking the power of the mystical mountains and the Grace of the Guru.



***“Before you are too weak or old you must meet and merge with the beloved Himalayas – it is my wish and my blessing.”***  
– SADHGURU





*“These mountains are so alive with spiritual vibrations. Many known and unknown spiritual masters chose these mountains as their abode and have illuminated the place with their energies. The Himalayas are certainly an uplifting experience for all spiritual seekers.”*  
– SADHGURU





# CONTACT INFO

## GENERAL INFORMATION

### ISHA YOGA CENTER

Isha Yoga Center, founded by Sadhguru, is located on 150 acres of lush land at the foothills of the Velliangiri Mountains, amidst a forest reserve with abundant wildlife. Pristine hills, sparkling rivulets and gushing waterfalls make for a stunning backdrop for the Yoga Center.

Created as a powerful sthana (a center for inner growth), this popular destination attracts people from all parts of the world. Unique in its offering of all the four major paths of yoga - gnana (knowledge), karma (action), kriya (energy) and bhakti (devotion), It revives the Guru - shishya param-parya (the traditional method of knowledge transfer from Master to disciple).

The center offers various residential facilities as well as program and conference facilities such as the 64,000 sq. ft. Spanda Hall and the Nalanda Conference Center.

The unique temples located here, make it an essential part of any temple travel in South India; Dhyanalinga Yogic Temple, Linga Bhairavi Temple & Theerthakund.

Also located on the premises are Isha Rejuvenation Center and Isha Home School.

Isha Yoga Center provides a supportive environment for people to shift to healthier lifestyles, seeking a higher level of self-fulfillment and realize their full potential.

## WEATHER CONDITIONS

Located in northwestern Tamil Nadu, Coimbatore is at an elevation of 409 meters above sea level. It experiences pleasing weather conditions where winters are mild and the summers are moderate.

The maximum summer temperature sometimes touches 35°C, while the minimum winter temperature sometimes drops to around 9°C. The months July–November tend to be wet and the Mahashivarathri night tends to be chilly.

## HOW TO GET THERE?

Isha Yoga Center is situated 33 km west of Coimbatore, which is well connected by air, rail and road. Regular bus and taxi services are available from Coimbatore to Isha Yoga Center. Limited guest accommodation is available at the Yoga Center upon prior reservations.

### CONTACT:

Isha Yoga Center,  
Velliangiri Foothills Semmedu (P.O.)  
Coimbatore - 641 114 India.  
Tel: +91- 422 - 2515345  
Email: IYC@ishafoundation.org

**Isha Home School**  
+91-9442515447  
office@ishahomeschool.org

**Isha Ruchi**  
+91- 9442645113, 91-422-2515599  
isharuchi@ishabusiness.com

**Yatras**  
+91-9488111555, +91-9442543331  
info@ishakailash.com

**Isha Outreach**  
+91-422-2580155  
info@ishaoutreach.org

**Isha Vidhya**  
+91-9442544458  
info@ishavidhya.org

**Project Greenhands**  
+91-9443057562  
greenhands@ishaoutreach.org

**USA**  
+931-668-1900  
usa@ishafoundation.org

**UK**  
+44-7956998729  
uk@ishafoundation.org

**Singapore**  
+65-96660197  
singapore@ishafoundation.org

**Malaysia**  
+60-0173665252  
malaysia@ishafoundation.org

**Australia**  
+6- 433 643 215  
australia@ishafoundation.org

**Middle East**  
+961-3-789-046, +961-3-747-178  
lebanon@ishafoundation.org

**New Delhi**  
+91-9650092101, +91-9650092110  
delhi@ishafoundation.org

**Questions to Sadhguru**  
questions@ishafoundation.org

**Donations**  
+91-9442504672, +919884070361  
donations@ishafoundation.org

**Dhyanalinga Temple  
/ Pancha Bhuta Aradhana**  
+91-422-2515345, +91-422-2515346  
info@dhyanalinga.org,  
pba@ishafoundation.org

**Linga Bhairavi Temple  
/ Pournami Pooja**  
+91-9443365631  
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**Linga Bhairavi Yantras**  
+91-9884070361  
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**Kala Bhairava Karma**  
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**Yaksha &  
Mahashivarathri Festival**  
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**Accommodation**  
+91-422-2515470 & 471  
ishastay@ishafoundation.org

**Volunteering**  
+91-4222515345  
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**Rejuvenation Center**  
+91-422-2515464  
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# KAILASH- MANASAROVAR SOJOURN

*This is a space of enormous Grace – enormous!  
If you feel the power of this place,  
if you allow yourself to feel  
the grace of this space,  
you having been born  
becomes worthwhile.  
That's how it is.  
– SADHGURU*

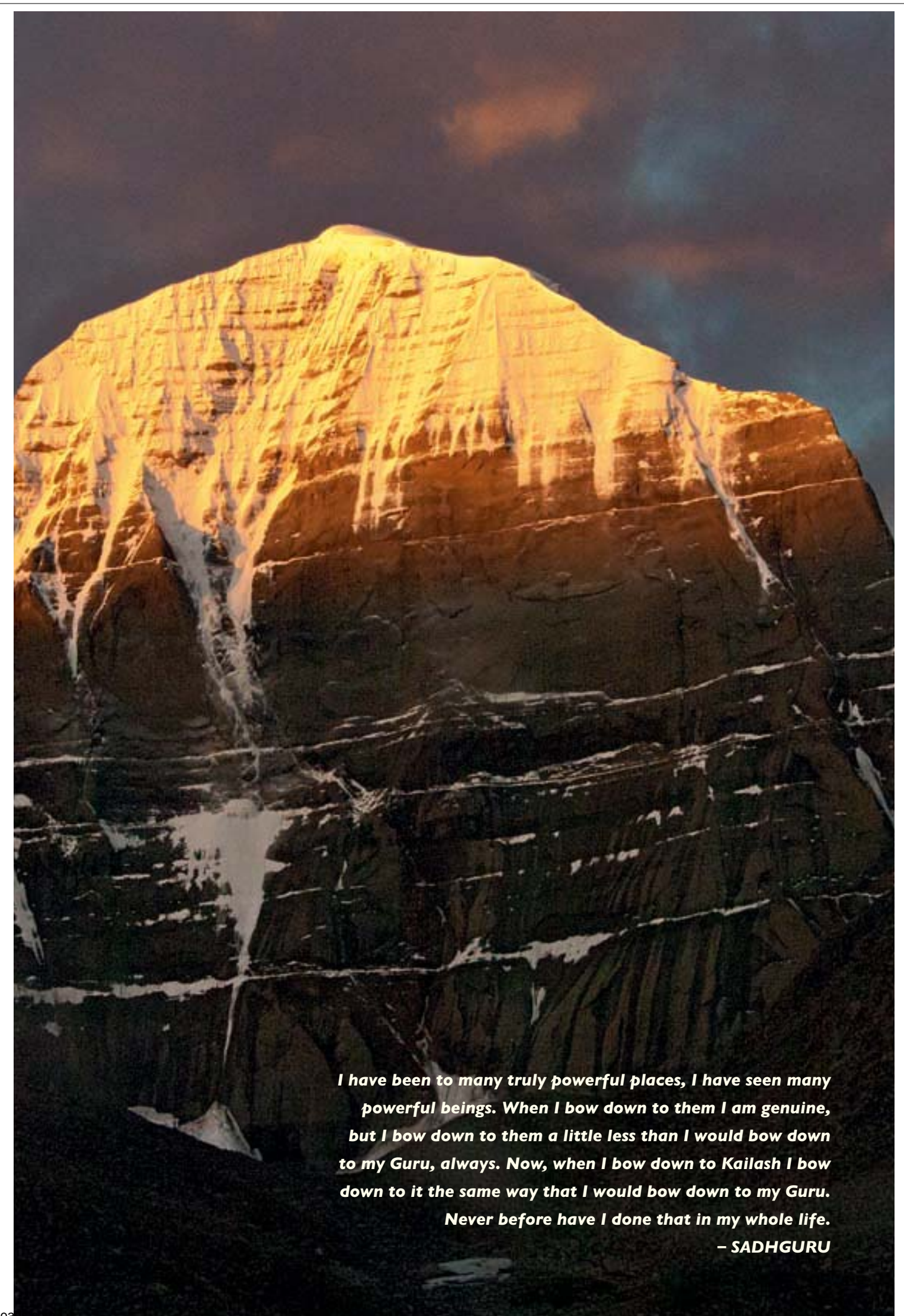
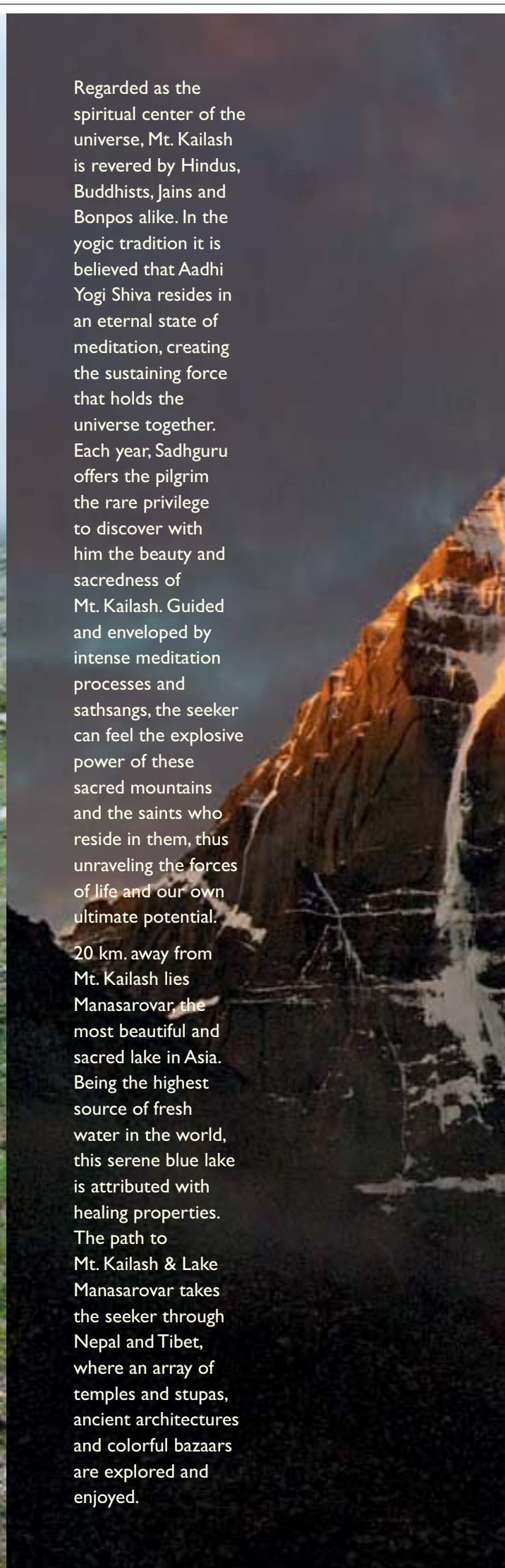






Regarded as the spiritual center of the universe, Mt. Kailash is revered by Hindus, Buddhists, Jains and Bonpos alike. In the yogic tradition it is believed that Aadhi Yogi Shiva resides in an eternal state of meditation, creating the sustaining force that holds the universe together. Each year, Sadhguru offers the pilgrim the rare privilege to discover with him the beauty and sacredness of Mt. Kailash. Guided and enveloped by intense meditation processes and sathsangs, the seeker can feel the explosive power of these sacred mountains and the saints who reside in them, thus unraveling the forces of life and our own ultimate potential.

20 km. away from Mt. Kailash lies Manasarovar the most beautiful and sacred lake in Asia. Being the highest source of fresh water in the world, this serene blue lake is attributed with healing properties. The path to Mt. Kailash & Lake Manasarovar takes the seeker through Nepal and Tibet, where an array of temples and stupas, ancient architectures and colorful bazaars are explored and enjoyed.



*I have been to many truly powerful places, I have seen many powerful beings. When I bow down to them I am genuine, but I bow down to them a little less than I would bow down to my Guru, always. Now, when I bow down to Kailash I bow down to it the same way that I would bow down to my Guru.*

*Never before have I done that in my whole life.*

**– SADHGURU**



**[www.ishafoundation.org](http://www.ishafoundation.org)**





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